



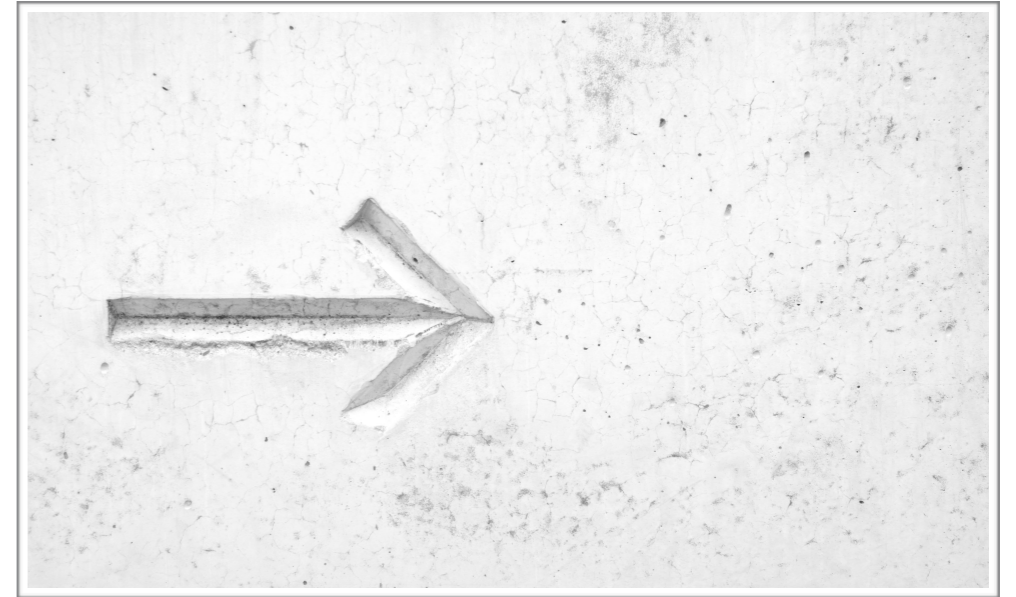
modulate

A Coaching Method  
by Tyler Zielasko MA, LMHC

# Modulate...

The life you want is just around the corner, and it starts with establishing the right mindset, driven by the right motive, acted upon with the right means.

To Modulate something takes it through a process of change, transformation, and renovation, so that your life can become what you always wanted it to be.



"Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work."

- H.L. Hunt

## MODULATE:

- exert a modifying or controlling influence on
- change from one form or condition into another



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# Modulate: 3 Steps

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## Mindset : Motive : Means

To successfully MODULATE your life, you must develop the right MINDSET, clarify the right MOTIVE, and employ the right MEANS.



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# MINDSET

We have control of ourselves, and we choose to set the dial of our mind to where it should be. Don't buy the lie that we can't control our thinking.

Establishing the Right **MINDSET** means defining who you want to BE, not just what you're going to DO. This can be done through:

- **Determining your "WHY"**
- **Defining your "IDEAL SELF"**
- **Deconstructing your "LIMITING BELIEFS"**

Where will your life be if nothing changes, and is this an acceptable outcome for you?



How will your life be different if you achieved what you wanted?



What would you regret if you didn't change?



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# Determine Your “WHY”

Unless you determine a purpose for doing something, you will not have any reason to follow it through when it becomes difficult.

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“Once you understand your WHY, you’ll be able to clearly articulate what makes you feel fulfilled and to better understand what drives your behavior when you’re at your natural best. When you can do that, you’ll have a point of reference for everything you do going forward. You’ll be able to make more intentional choices for your business, your career and your life.”

- Simon Sinek

# Biography: Your Ideal Self

If you were being introduced as a speaker, or wrote a book, and they needed a short bio, what would you want to be said?



"Decide who you want to be. Write it down. Read it over and over and over again. Then act each day asking whether or not your choices take you closer or farther away from what you wrote."

- Tyler Zielasko

What are some common self-limiting beliefs you are currently employing?



## Deconstruct FEARS & BELIEFS:

Unless you know and watch for the things that could sabotage your progress, you will continually fall victim to them.

What are a few of your biggest fears to be aware of?



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"If we can see past preconceived limitations, then the possibilities are endless."

- Amy Purdy

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# MOTIVE

Motive is both a noun and an adjective. As a noun, it is a “basis” or a “reason” for something. As an adjective, it describes something that drives motion or action, like a motor. So, your Motive Statement and Principles are the driving, active basis and premise for everything that you do in your life.

Once we have established who we are trying to be, we can move to creating the driving forces behind who we are and the things we do. These can be defined by:

- **Clarifying your MOTIVE PRINCIPLES**
- **Clearly articulating your MOTIVE STATEMENT**





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# MOTIVE PRINCIPLES

Motive principles are the values that drive your decision making, particularly when the decisions are difficult or ambiguous.

Write several words that represent concepts & beliefs that are important to you, then combine them into a few (4-8) words that can be easily repeated:



What are your final words? :

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"Effectiveness without values is a tool without a purpose."

- Edward de Bono

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# MOTIVE STATEMENT

Your MOTIVE STATEMENT is your “basis”. It’s your reason and intent; the purpose and meaning of your life. It’s a defining statement of driving force behind everything you do.

Answer the following questions, and then put them together in a final statement that is easily repeated:

What kind of life do you want to live?

How do you want to live that life?

How do you want to impact other people?



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What is your final statement? :



# MEANS

Defining the structure and framework of your overall lifestyle is vitally important to creating and maintaining lasting transformation.

MEANS are the directional, intentional, practices that will get you to your goals derived from your MINDSET and driven by your MOTIVE. They are the specific actions of formation into who you desire to ultimately be. They include:

- **Lifestyle habits to adopt for the Mind & Body**
- **Intentional, specific goals**
- **Specific Tools to use to accomplish goals & habits**
- **Daily, Weekly, & Quarterly Plan/Review Time**



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# Lifestyle Habits

Defining yourself intentionally is vital to establishing goals that lead you to achieve your future self concept.

The habits of your lifestyle help determine the guts of your meaning and purpose in life.

Goals in your life can be short term and/or long term, but should reflect who you are trying to BE in your lifestyle, and not just something you're trying to DO.

MODULATE defines your life in 4 lifestyle categories:

- Mind (mental and emotional life)
- Body (physical life)
- Personal (spiritual, relational, financial, etc)
- Professional (career, homemaker, etc)



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# Specific Goals

List a few specific goals in each lifestyle category:

**MIND** (can include a reading goal, things to learn, growing your wisdom or emotional intelligence):

**BODY** (can include diet & exercise, athletic achievements, weight goal, grooming & hygiene, etc):

**Professional** (can include promotion goals, sales figures, degree or training goals, etc):



**PERSONAL** (can include family or relationships, financial goals, etc):

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# Tools...

List the tools you will use for your lifestyle categories:

Defining the specific tools you will utilize will help you to have them more at the ready when you need them. Changing your environment, identifying the specific diet or exercise routine you will use, listing the specific books you will read, etc., will go a long way in creating an environment of success and achievement.

**MIND:**

**PERSONAL:**

**BODY:**

**PROFESSIONAL:**

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# Daily Productivity

Organize your day intentionally...

**Motive Statement:**



**Schedule:**

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**Tasks:**

**MIND:**

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**BODY:**

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**PERSONAL:**

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**PROFESSIONAL:**

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# Weekly Review & Plan

Be accountable...

**What did I do/not do in each main area:**

**MIND:**

**BODY:**

**PERSONAL:**

**PROFESSIONAL:**

**What do I need to start/stop doing this coming week?**



**What needs my attention in the coming week?**





# Quarterly Review & Plan

Be accountable...

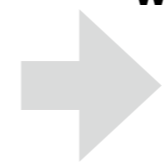
**What did I do/not do in each main area, and what needs to change?:**

**MIND:**

**BODY:**

**PERSONAL:**

**PROFESSIONAL:**



**What do I need to start/stop doing this coming quarter?**



**What needs my attention in the coming quarter?**