

The Smarter Accountant Program



**How To Stop Underutilizing Your
Brain So That You Can Have The
Career And The Life You Want**

Our Work Together

Welcome to The Smarter Accountant Program! A program that will teach you how to deliberately create the life you want and help you solve any problem you have. Yes, any!

It's all possible when you know how to manage your mind. Over the next few weeks, you will learn how to manage your mind so you can manage everything else. At the end of our time together, you will have the skills to coach yourself no matter what the circumstance, how you want to feel, what actions you want to take or what results you want to create.

These are just a few of the areas that The Smarter Accountant Program can help with things like:

Work	Relationships	Health	Money	Children
Stress	Self-Care	Goals	Clutter	Time
	Self Image	Emotions		

The Model *

The Model teaches you how to make sense of everything in your life!

The Model is as follows:

C – All **Circumstances** (people, places, and things) are neutral

T- Your **Thoughts** about circumstances create your feelings (no exceptions)

F – Those **Feelings** create your actions (or inactions and reactions)

A – Your **Actions** (inactions or reactions) ultimately create your results

R – Your **Results** will be proof of your thoughts

*This model is based on the Self Coaching Model created by Brooke Castillo,
The Life Coach School

For our work together, you will also need to know the following:

Thought Download is simply writing the sentences in your head down on paper. Just write one sentence on each line of the Thought Download worksheets. If you don't know what you're thinking, write that down - "I don't know what I'm thinking" - because that's a thought. Or you can ask yourself a question like "What am I thinking right now?" and answer the question.

Resist the tendency to judge your thoughts. Be easy on yourself (it may be a little shocking to see what's been running your life). Be as curious as possible about what's in your brain rather than trying to edit it or be "more positive."

Think of it as if you're decluttering a closet or a drawer. You want to empty the contents, decide what's useful, and then put back only what's truly needed. You can do the same thing with your thoughts as well. That's the work we'll be doing together as we meet to discuss your homework.

In the beginning, you will be doing models "after the fact" to be curious about what other thoughts you could have had in that particular circumstance. With practice, it will become easier to "think in models," which creates the awareness: "If I think this thought right now, I will create this feeling, action, and result."

This work is all about being aware of what you are thinking about; the driving force for everything you experience in your life.

The Unintentional Model is based on the Thoughts, Feelings, Actions, and Results you experience most of the time when you don't choose intentionally; when you aren't creating your life consciously.

The Intentional Model starts with the same Circumstance as the Unintentional Model, but you are in control of choosing your Thoughts, Feelings, Actions, and Results; you are aware of how your life unfolds, and you consciously create it.

We will be working together on applying The Model to anything you are struggling with in your work or personal life, discovering a whole new way of living.

This is when the magic happens!

Daily Homework

As humans, we have the incredible ability to think about what we think about. By uncovering your thoughts on a daily basis, you can manage what you think about, question your thoughts and rewire your habits of thought.

I strongly encourage you to spend 5 - 10 minutes doing a **thought download each morning**. A thought download is writing down the sentences in your head on paper using the daily pages in this workbook. This is not “journaling”; it is writing one sentence at a time.

Next, you will spend 5 minutes filling in the Unintentional Model with one of the thoughts from your Thought Download. Then you will choose a better feeling thought and spend 5 minutes filling in the Intentional Model.

At our weekly coaching sessions, we’ll discuss your homework, and I will show you exactly how The Model can help you in any area of your life.

Thought Download – Day 1

Model on **Unintentional** thought – Day 1

C:

T:

F:

A:

R:

Model on **Intentional** thought – Day 1

C:

T:

F:

A:

R:

Thought Download – Day 2

Model on **Unintentional** thought – Day 2

C:

T:

F:

A:

R:

Model on **Intentional** thought – Day 2

C:

T:

F:

A:

R:

Thought Download – Day 3

Model on **Unintentional** thought – Day 3

C:

T:

F:

A:

R:

Model on **Intentional** thought – Day 3

C:

T:

F:

A:

R:

Thought Download – Day 4

Model on **Unintentional** thought – Day 4

C:

T:

F:

A:

R:

Model on **Intentional** thought – Day 4

C:

T:

F:

A:

R:

Thought Download – Day 5

Model on **Unintentional** thought – Day 5

C:

T:

F:

A:

R:

Model on **Intentional** thought – Day 5

C:

T:

F:

A:

R:

Thought Download – Day 6

Model on **Unintentional** thought – Day 6

C:

T:

F:

A:

R:

Model on **Intentional** thought – Day 6

C:

T:

F:

A:

R:

Thought Download – Day 7

Model on **Unintentional** thought – Day 7

C:

T:

F:

A:

R:

Model on **Intentional** thought – Day 7

C:

T:

F:

A:

R:

I have provided the homework pages for 7 days; please reprint as needed for the remaining days.

Notes