[00:00:00] Hello, everyone. Welcome again to another skill building with the IFIOC team, we've got Casey Jackson and John Gilbert, and today we're going to be doing actually one of our worksheets off of the membership site. So you can see it. It's actually the creating a plan worksheet. Um, and we're going to be going through that as a team and practicing together.

Question number one, client. Yeah, that's exactly what I want to be financially secure, to not have to worry about money and to be able to give freely to those I care about through charitable donations or through having fun. That's the financial security I seek and that's what I want. And my future that's to say, I went with just the simple answer of identifying next steps.

Um, this relates to something I've gone through, which I know was the inspiration, this one. And so I just think steps are really important and commitment and a lot around that, that we can get into. So [00:01:00] identify next steps. I had a few different responses, a very basic one is so where do you go for. That's kind of something we talked about in a separate skill building.

Another one could be what would be your next step, kind of honing it into one. So knowing this is so important to you, what do you have control over and all this that is super easy for you to start doing in order to have that future you want. So I chose to do an evocative. To try and, um, strengthen a little bit more of their resolve.

And I chose to do on a scale of one to 10. How important is it for you to make this change or to be more financially secure, hoping that we can dive deeper into it's a 10. All right. So let's talk about how important that is without we all chose a block of open questions. And I went along John's line in terms of identifying next steps.

I mean, it's very similar to. To make that your reality. What specifically do you know you will have to [00:02:00] do to make that happen within the next few weeks? I liked that you made a time-bound that's like the smart goals, which there is a place for smart goals if someone's ready for it, because it makes more self accountability, not just for a vague alignment of values, but specific timeframes.

I really like it for that. Number two. So the client. I struggle with making changes, but this is something I need to do. My family needs more security and stability and yes, I want to be the provider that they look up to look up at me for. I'm just not sure where to go next. I did a strategic affirmation with next step.

You've had to make tough changes in the past, and you've been disciplined and focused enough to do so. Given your focus, what would you, what would get you one step closer to being the provider that you want to be? It's interesting how we have some parallels in some of this because I went strategic affirmation, but I, then I went to strengthening commitment, talk it clearly made the decision to step up your game up.[00:03:00]

You're tapping into that deeper level of integrity you have as a parent to build a stronger, healthier. Um, yeah, that was very much a commitment of the value of you're tapping into that integrity of your like calling out that resolve in a values based way. And then Tammy's kind of, you could string that with Tammy's of what's the thing to align with that integrity.

Right. I think that combo could be that much more powerful. Let them respond to what you did. Casey, follow it up with what you asked Tammy, you know, so, you know, you can be that proven. And the clarity of where you can put that energy will mean you will become that provider. So what are the sorts of resources, you know, of, or you've heard about that will help with employment or something like that from here?

Yeah. I really liked that. You know, you can be that's very, yeah, that's very true- supporting autonomy. Yeah.