

THE GIBSON-BANNING METHOD

Session 8

What You Do Anywhere, Is What You Do Everywhere Definitions, Exercises, and Distinctions

Possibility: Something that exists now and affects your present experience. Something that inspires you and calls you into action. It transforms who you are being, what you do, and what you create. (It answers the question: If I had what I Intend to create, what would then be Possible for me?)

Self-Assessment

Confidence

In what ways has your confidence grown because of this course?

(Please give an example of this change in a before and after format. I.e., before it would've been like this and now it's like this.)

In what ways do you think your confidence will grow if you continue practicing what you learned in this course?

(Please give an example of this change in a now and then format. I.e., Now I am like this and then I would be like this.)

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Clarity and Directions

In what ways are you more clear about your direction and achieving your outcomes?
(Please give an example of this change in a before and after format. I.e., before it would've been like this and now it's like this.)

In what ways do you think continuing to practice what you learned in this course, will help you achieve your outcomes in the future?

(Please give an example of this change in a now and then format. I.e., Now I am like this and then I would be like this.)

Relationships

With Other People

How has your relationship with others changed because of this course? (Please give an example of this change in a before and after format. I.e., before it would've been like this and now it's like this.)

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Fully self-expressed
Truthful
Honest
Dependable
Free
Unstoppable

Accepting
Loving
Tender
Present
Considerate
Joyful

Courageous
Fearless
Daring
Adventurous

Lighthearted
Playful
Carefree
Peaceful

Organized
Caring
Understanding
Relaxed

Resourceful
Powerful
My word
Strong

And many, many more... as long as you are inspired by it and it calls you into action in ways that are in harmony with your Values.

Commitment: A declared intention to be fully in action and in support of what's possible **vs.**
Attachment: Having what's possible limited to the outcome of a particular strategy, and your satisfaction depend on the success of that strategy.

Conditions of Commitment

- Commitment clues - feeling confident, at ease, excited, and passionate.
- Commitment is being in Integrity with my Values and 100% Responsible for the results I am creating.
- Commitment occurs to others as: being free to choose, opportunity, and relatedness.

Conditions of Attachment

- Attachment clues - feeling tense, confused, upset, disappointment, anger, or frustration
- Attachment results from having my past experiences create a story about the way things SHOULD be in the future. This has my past create my present expectations, my expectations influence my behavior, and my behaviors create my future.
- Attachment occurs to others as: demands, coercion, or confrontation.

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NOW LET'S PUT IT ALL TOGETHER

1. **What happened**

(Briefly describe your **STORY** about the situation.)

2. **Identify your focus**

My Focus about others

People are:

My Focus about myself

I am:

3. **What am I feeling?** _____

(Pick a feeling word from your feelings list that most closely describes how you're feeling when you think about what happen.) Then **STOP**, take a moment before you move on and **FEEL** your feelings.

4. **Just What Occurred.** (Now identify only what would a video camera would be able to see or hear?)

5. **What do you want to experience?** (For the situation above, choose no more than three values you would like to experience from your values sheet and create your intention below.)

6. **The INTENTION I am committed to creating in this situation.**

My intention is to create _____, _____,

and _____ for everyone involved.

7. **I will take the following actions to create my intention in this situation.**

(Write down at least three actions you personally can take within the next one or two days, to move closer to experiencing your intention.)

a) _____

b) _____

c) _____

I will take these actions by _____.

(Write the date by which you will have taken all these actions.)

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In 2012, Harvard Business School professor Amy Cuddy gave a now famous TED Talk on the benefits of "power-posing," or changing your body language in ways that can make you feel more confident.

In her new book, "Presence," Cuddy further explores the benefits of mimicking the body language of powerful people. She argues that power-posing can be more effective than traditional confidence-boosting exercises, like telling yourself how great you are.

To learn more: <https://www.inc.com/business-insider/amy-cuddy-the-poses-that-will-boost-your-confidence.html>

I AM THE POSSIBILITY OF BEING

