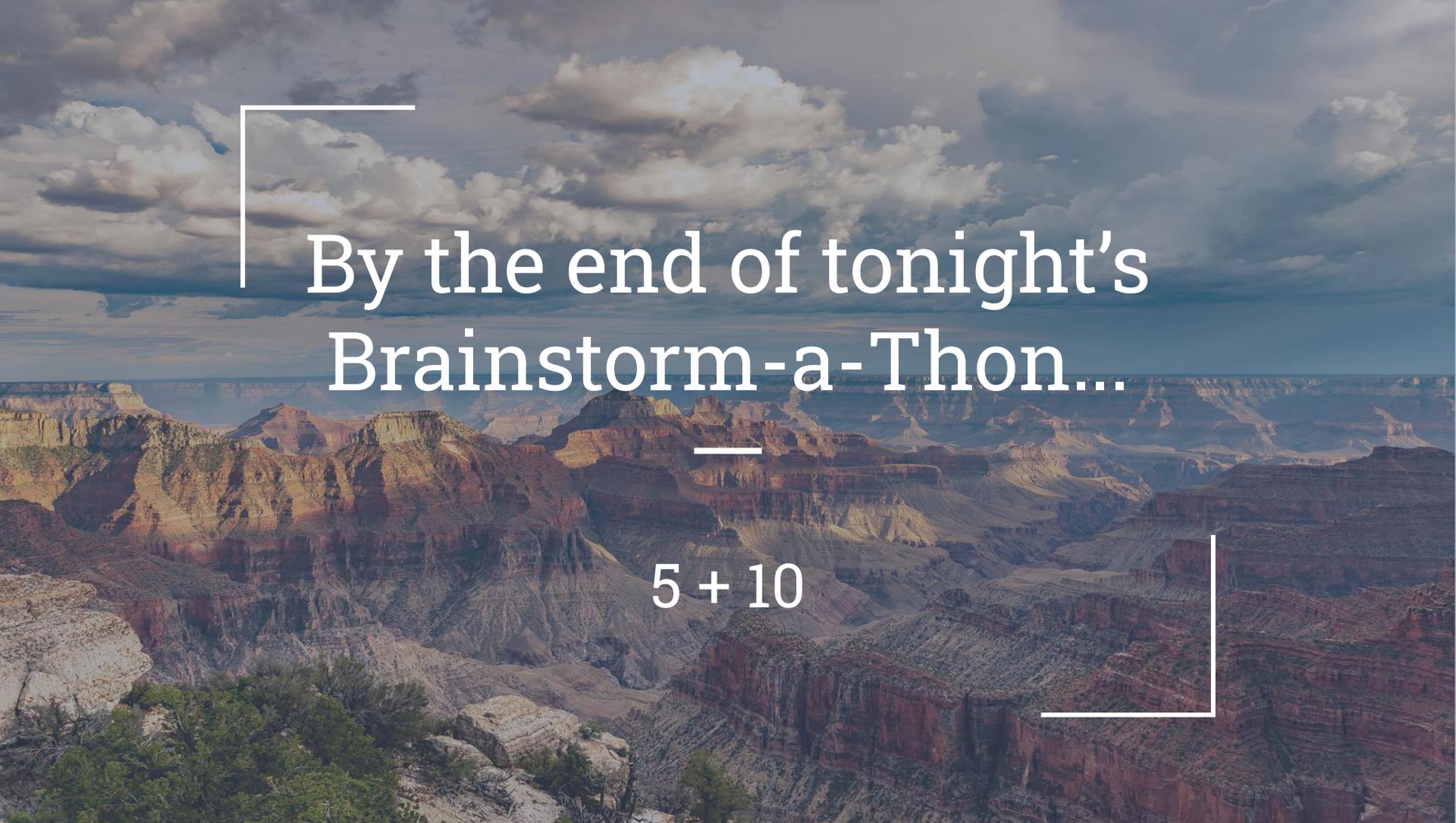


Brainstorm-a-Thon

with Cristina Roman
of Pique Coaching



A wide-angle photograph of the Grand Canyon under a dramatic, cloudy sky. The canyon's layered rock formations are visible in shades of red, orange, and brown. A white L-shaped graphic element is positioned in the top-left corner, framing the text. The text is centered and reads:

By the end of tonight's
Brainstorm-a-Thon...

5 + 10

What this is *not* about:

This being the only option

“Rest = rust”

Your worthiness as a person

Doing it “right”

A reason to beat yourself up

You owing anything to the world

What it is: *Just an option to explore*

The showstopper...

Why “I don’t know” is forbidden here:

- Blocks your inner wisdom
- Stops you before you even start -- allows you to never commit + never gather more info
- Gives you an instant “out” from discomfort

TRY IT! For the next week, jot down all of the times you say “I don’t know” as a kneejerk answer instead of pausing and digging deeper.

Beware...

- “I wouldn’t know where to start.”
- “Not sure I know how to do that.”
- “I would do it if I knew how.”
- “I’m out of ideas.”
- “For some reason, not quite sure...”

^ Just fancy “I don’t know”s

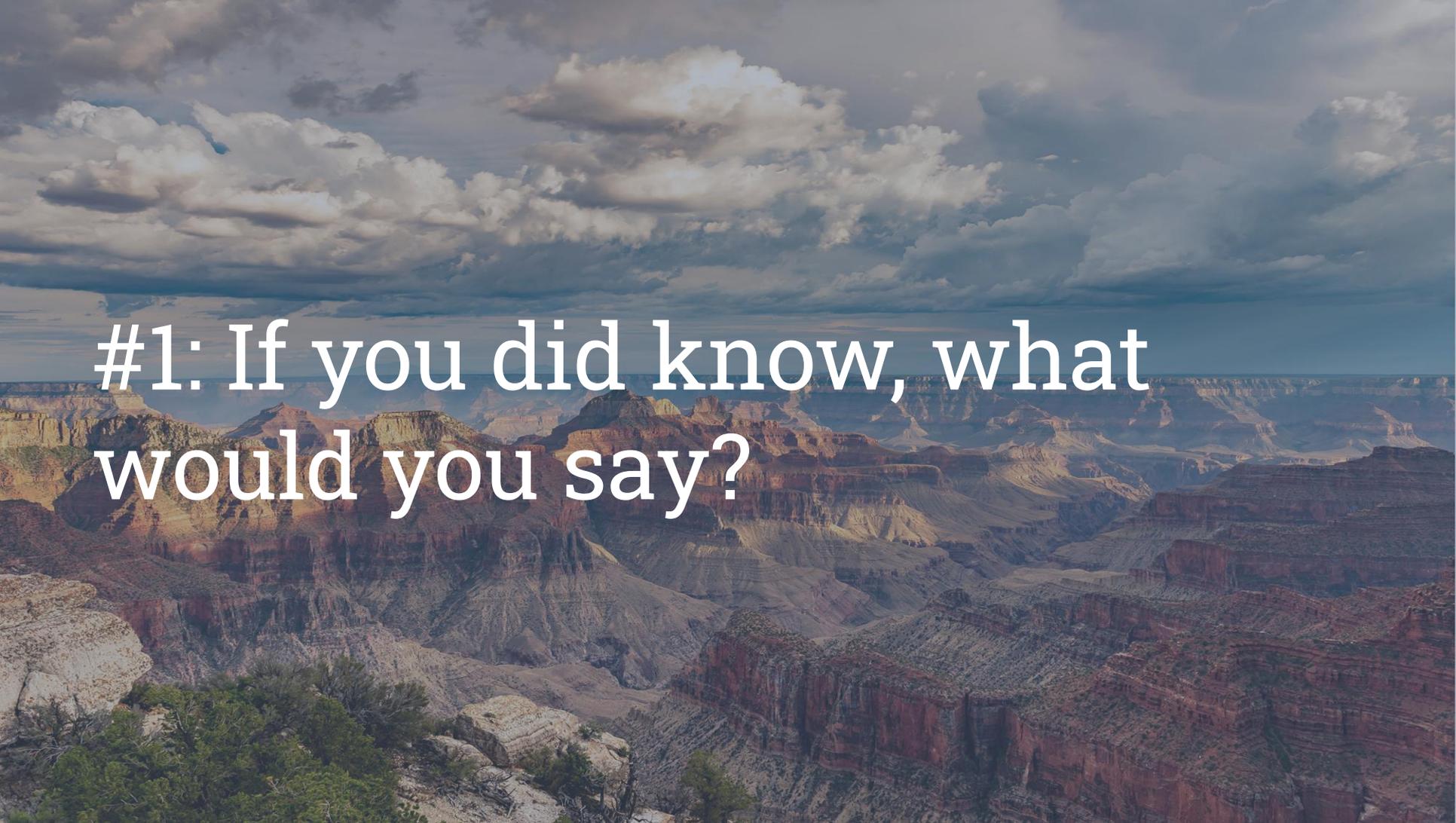
TRY IT! For the next week, jot down all of the times you try to get away with saying fancier versions of “I don’t know.”

#1 challenge you'd like to solve in each area:

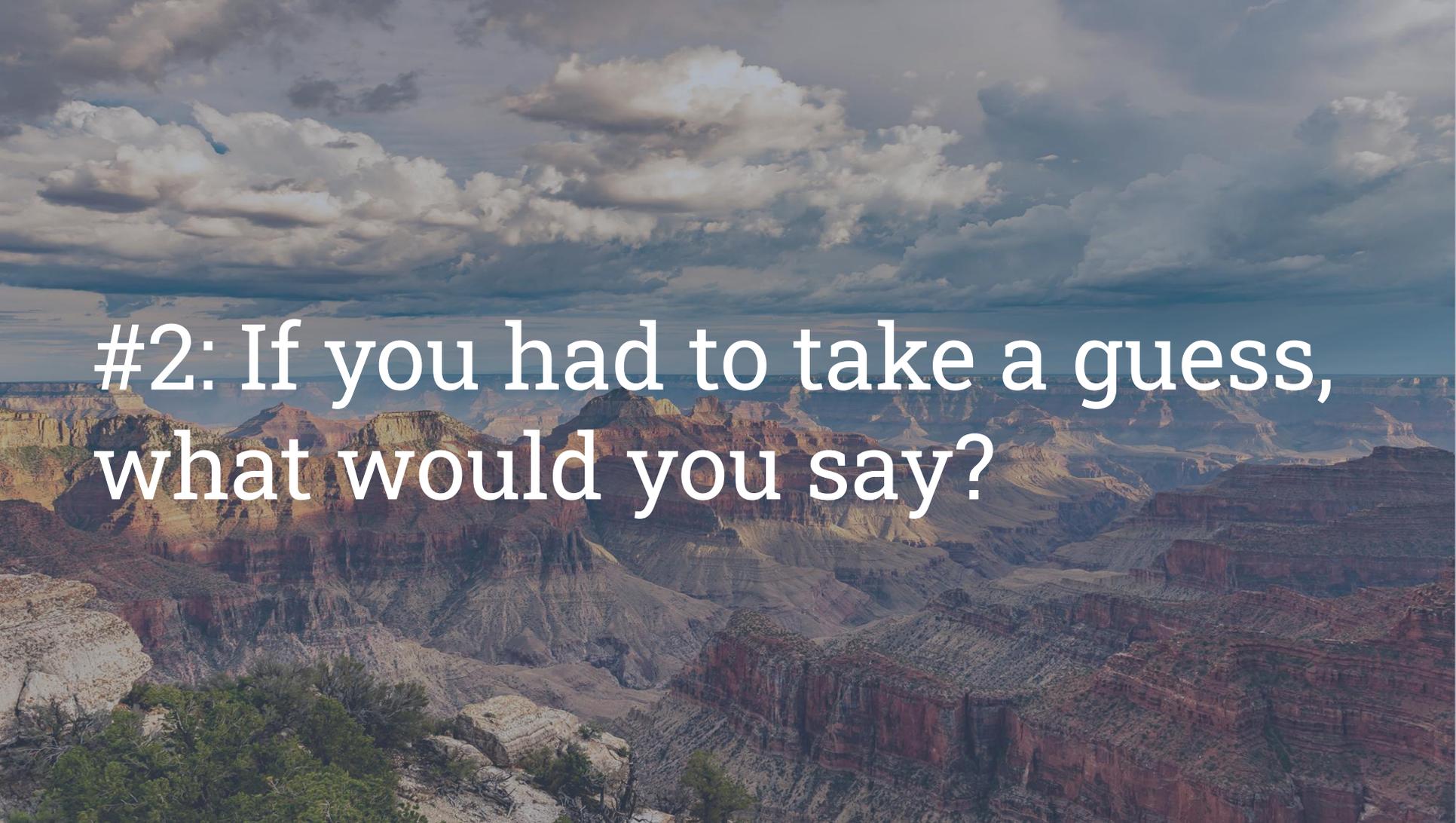
1. Self confidence
2. Career
3. Finances
4. Productivity + time management
5. Community + Relationships
6. Health and wellness
7. Creativity
8. Physical environment (home, possessions, etc)



5 strategies for
generating your own
solution, at any time



#1: If you did know, what would you say?



#2: If you had to take a guess,
what would you say?



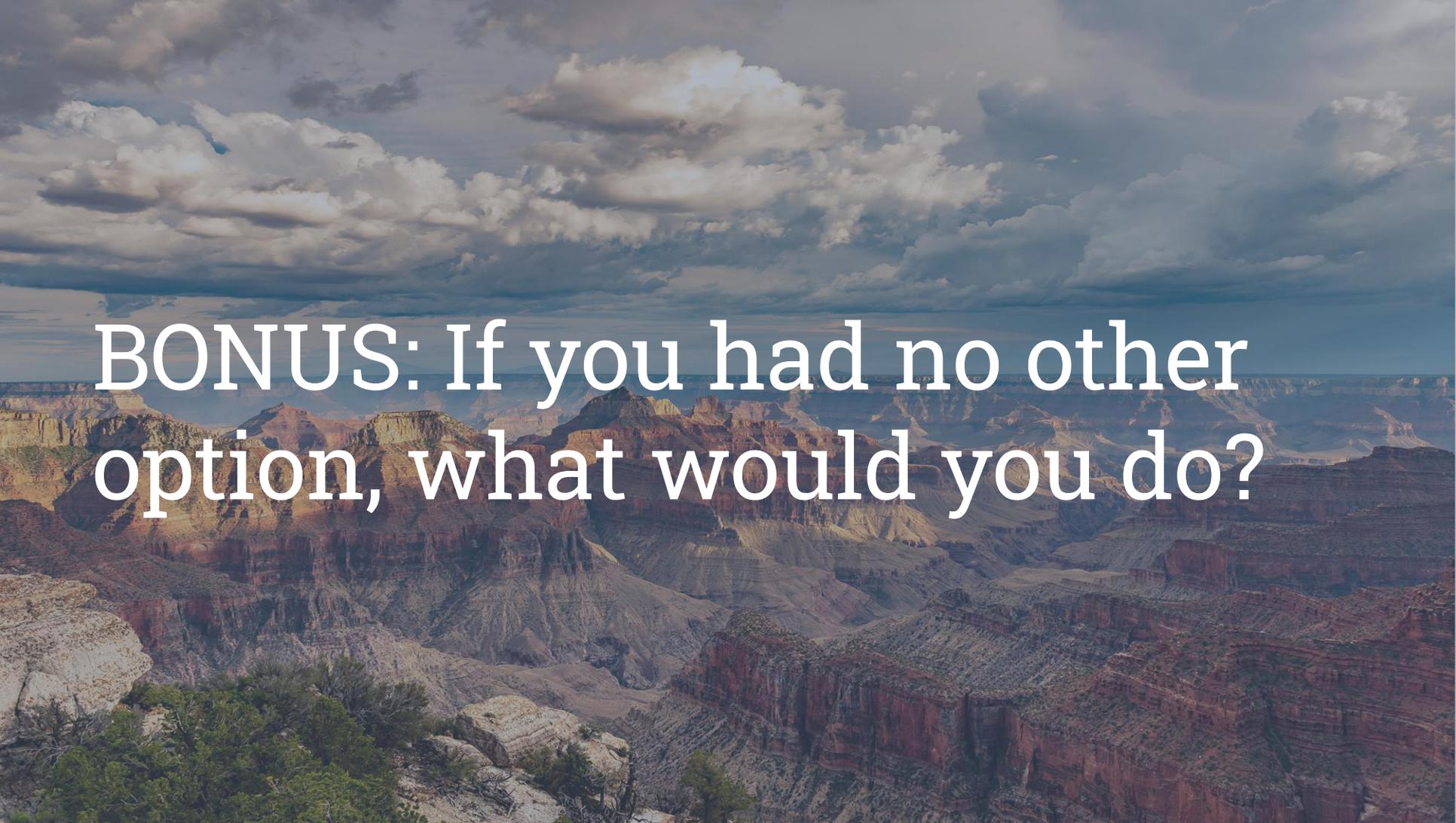
#3: What would you tell a friend to do?



#4: If you felt [target feeling],
what would you do?



#5: What would your Future
Self tell you to do?



BONUS: If you had no other option, what would you do?

Time for live coaching!

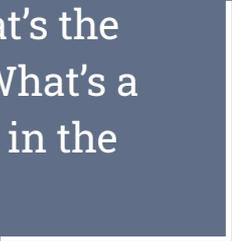
—

1. If you did know, what would you say?
2. If you had to take a guess, what would you say?
3. What would you tell a friend to do?
4. If you felt [target feeling], what would you do?
5. What would your Future Self tell you to do?
6. If you had no other option, what would you do?

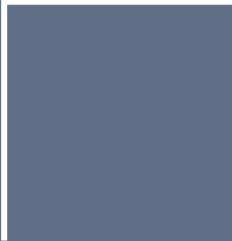


Your turn!

Pick *that* thing.
10 *new** ideas...

(What's the #1 thing that keeps you up at night? What's the area of your life where you most say "I don't know"? What's a big goal that you have and haven't achieved yet? Fill in the blank: I wish I knew how to) 

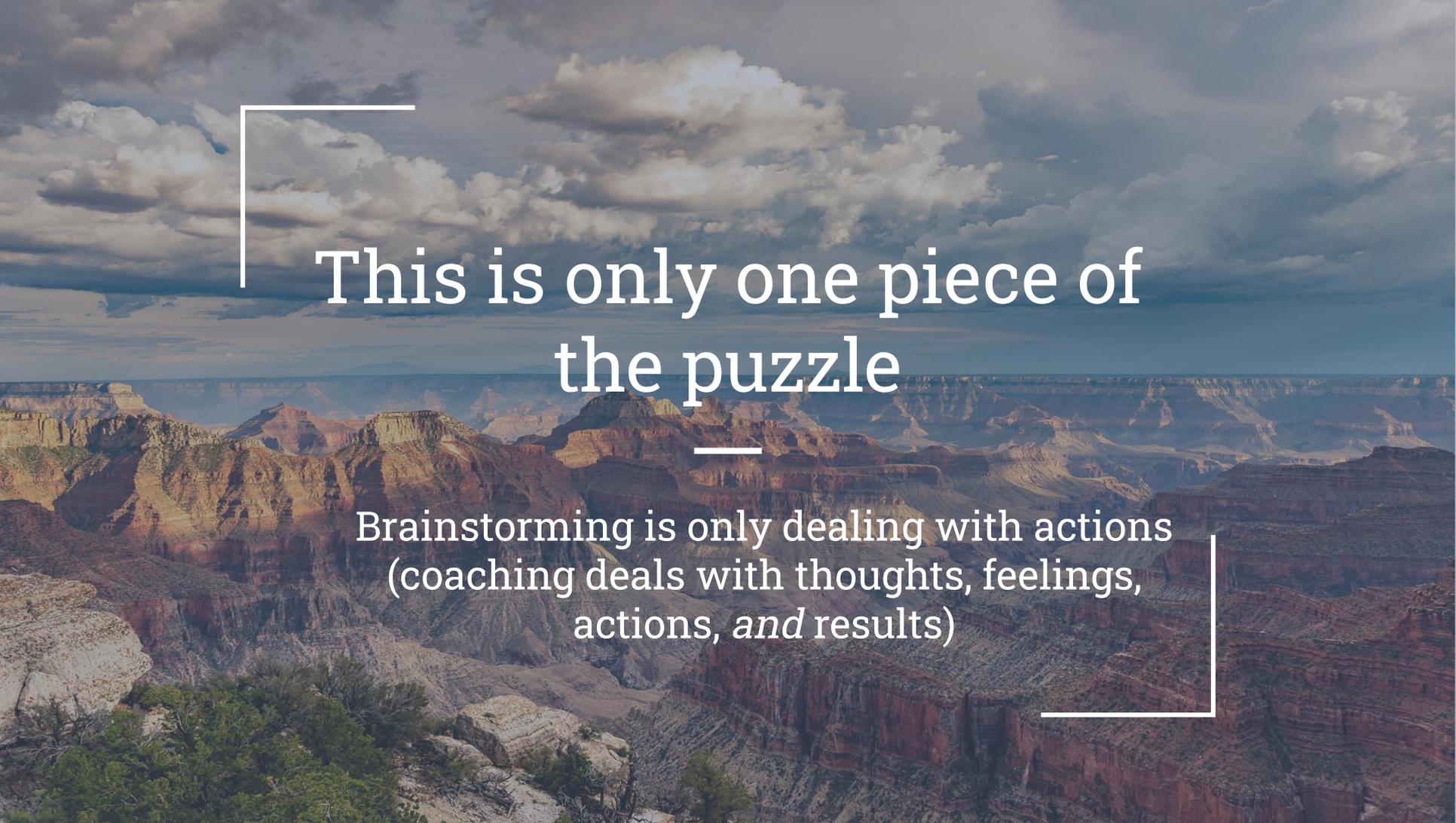
1. If you did know, what would you say?
2. If you had to take a guess, what would you say?
3. What would you tell a friend to do?
4. If you felt [target feeling], what would you do?
5. What would your Future Self tell you to do?
6. If you had no other option, what would you do?



What was your #1
takeaway from tonight?

Drop it in the Q&A





This is only one piece of
the puzzle

Brainstorming is only dealing with actions
(coaching deals with thoughts, feelings,
actions, *and* results)



Want the other pieces?

Book a free 30-minute mini
session with me.*
piquecoaching.co/minisession

**Only 4 available per week*