



The Hive of Wellbeing Limited

My New Story – Developing Coherence for Wellbeing

Sir John Whitmore, in his book “Coaching for Performance”, writes about how our unconscious mind can drive our behaviours and “stories” that we tell ourselves everyday about our work, our home life, about who we are and who we think other people are. He tells us that without becoming aware of our “inner game” i.e. those unconscious beliefs and habits that drive our behaviours and stories, then we may be failing to fulfil our potential. I see this lack of coherence in our lives as a source of suffering for many of us, and although Whitmore talks about this in terms of performance, rather, for me, it is about how we might become aware of how our “inner game” is making us *feel*. In uncovering unhelpful beliefs and habits and telling a new story about our lives, we may find greater coherence, understanding and self-compassion. Here is a reflective exercise to support this inner work:

My Inner Game	My New Story
Awareness: What matters most to me about this situation? What do I need? What am I noticing about how I am feeling? What would I prefer to think and feel?	
Responsibility: Which choices are the best ones for me as a person? What is my WHY, my mission? In what ways do I act from my deepest values?	
Beliefs and Habits: What do I need to believe now to support myself? Which beliefs do I need to question and drop if necessary? Which routines and habits support my emotional wellbeing day-to-day?	