



## July - Rule #1 – Nobody Gets to Be Wrong

No, this isn't the start of a fairy tale or fantasy. This is the basic rule for CTI (The Coaches Training Institute where I've trained) and all my coaching.

Nobody gets to be wrong; it's the underlying foundation to all coaching relationships. There is no such thing as right and wrong, it's all feedback.

Have you ever missed an appointment? Maybe you overslept or traffic was bad. Don't Make Yourself Wrong means that it's ok to apologize and rebook the appointment **and** to ask yourself "What did I learn?" rather than wasting energy beating yourself up.

Are you over committing yourself? Are you booking things too early in the morning especially since you're a night owl? Was the appointment something you really wanted to do? What were the circumstances that lead to missing the appointment? What is within your control to change?

There are three key advantages to not beating yourself up by making yourself wrong and instead focusing on what you learned and they are:

- 1) You will increase the likelihood of things going as planned as your move forward. This is because you continuously learn hence reducing the likelihood of these things repeating themselves. Whereas if you were making yourself wrong, you'd continue to feel bad and chances are you wouldn't get to the root cause of what happened so it's likely to repeat itself and hence you can beat yourself up again.
- 2) It less scary to take risks. If you won't fail, what's the harm in trying?
- 3) You become a more compassionate person by upholding Rule #1 for others. Imagine Nobody Gets to Be Wrong – you help others learn and grow and others hold that for you as well. Society would become more compassionate, less judgmental, freeing up energy for more positive endeavours.

Try Rule #1 for a week – not holding yourself or anybody else wrong. What do you learn about yourself by not holding yourself wrong? What do you learn about yourself by not holding others wrong?

**Live your potential!**

**Anne Taylor**  
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