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## Mokey See, Monkey Do (Part I)

Quick visualization tool to help you release the past

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The phrase “Monkey see, monkey do” typically has negative connotations. It normally *implies the act of mimicry, usually with limited knowledge of the consequences*. But today we have a different use.

In Dorothy Taylor’s blog on [“Can forgiveness of the past affect yourself-image”](#), she recommends releasing the past. The Monkey Bar game is a powerful tool to release the past, limiting self-image, or anything slowing your momentum.

Imagine a monkey swinging swiftly through the trees. He is leaping from one branch to the next, releasing one vine as he is reaching for the next, and magically gliding toward his destination.

Now picture that same monkey holding a branch tightly in each hand. He’s tense and stuck. For the monkey to move with fluid momentum, he needs to let go of one branch as he reaches for the next.

### **Feeling stuck? Play on the monkey bars:**

- 1) Imagine you are the monkey swinging quickly toward your desire goal.
- 2) Now – you are temporary hanging in place.
- 3) Identify the two things you are holding on to. \*\*
- 4) Review your passion, dreams and goals.
- 5) Release the item that is less aligned with your purpose

\*\*If you have more than two things, you simply work on two at a time; continually releasing the one less in line with your purpose.

### **True life business application of the Monkey Bar Technique**

Background: Client’s passion is in text-mobile marketing. One of his past professions was in real estate.

**The two branches:** Two friends of his are changing career direction:

- 1) One offers my client their digital printing business, including all their company clients.
- 2) One offers my client all their real-estate business listings and region.

He cannot focus on both. He also needs 22 credit hours between now and the end of the year to keep his Real Estate License up to date.

He is a monkey holding onto two great opportunities (one in each hand).

**Review his goals and passions:** He wants to build his text-mobile marketing business. He wants that business to sustain his wife and family.

**Which branch is in more in line with that passion?** The digital printing clients are actually big-name companies (versus a printing shop for individual business cards and brochures). Therefore, the digital printing clients are who he wants for his text-mobile marketing business. This is a great extension to his dream. Mobile-app marketing is a natural transition from digital printing. This would lead him successfully toward his ultimate goal.

Although this seems an easy decision, my client's follow-up response was "Great, but how do I find the time to schedule those 22 credits for the real-estate license. If my license expires, I have to take the test all over again. Even though I don't like real-estate, I want to keep my license up-to-date, just in case I need to go back to that business."

**Live on purpose:** If it's not in line with your dream, let go of that branch. Another way to say it: Burning the bridge behind you forces you forward.

**Next blog:** Using a more personal/emotional application of the Monkey Bar technique.

#### ***About the author***



Laura is a certified efficiency and business coach. Laura offers one-on-one career and life coaching, small group coaching, seminars and workshops.

She has been in the software and testing industry for over 20 years. She's worked with such international companies as IBM, Ericsson, Staples, Fidelity Investments and Sogeti in various client advocacy and project management roles. The techniques she uses in her business coaching and client advocacy work saved these companies both time and money, which resulted in on-time,

quality product delivery with higher client satisfaction.

Laura now uses her client focus, project, quality and people management skills in her business and personal life coaching career. As a personal life coach, she helps people integrate their goals and dreams into their everyday lives. Laura uses creative and practical tools to help her clients realize what really matters to them in their professional careers as well as personal development. They then follow-through with project and time management techniques to create the reality they really want.

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