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Monkey See, Monkey Do (Part II)

Quick visualization tool to help you release the past

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Last blog we used the Monkey Bars to release the past . Today, we will use the same technique to collaborate with our spouses. [JoAnne Schaub \(Marriage Mastermind\)](#) has some additional blogs on this topic.

In general, the Monkey Bar game is a many-purpose tool to propel your forward.

Quick review: 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) Identify the two things you are holding on to. **
- 2) Review your passion, dreams and goals.
- 3) 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 couple application of the Monkey Bar Technique

Background: In this example, the married couple units to represent one monkey. The monkey wants two different things.

The two branches: Monkey is composed of a husband AND wife

- 1) Husband (left hand of the monkey) wants to live on the ocean.
- 2) Wife (right hand of the monkey) wants to live in the city.

Financially, they cannot live in both places AND live together.

Review their goals and passions:

- They both want a wonderful and prosperous life together.
- He wants to live on the ocean because he sound of the water deeply relaxes him, has lots of water sports hobby, and loves the fresh smell of the air and water.
- She enjoys the above as well, but her hobbies, work, chores and errands are city bound. She cannot spend hours going from one task to the next. The city has more opportunity and selection.

Once we understand the essence of their desire, we can rewrite their goals with both in mind.

Rewrite their goals without compromising: Live by the water with easy access into the city.

The two branches are now different:

- 1) Purchase/rent a home on the water (lake, pond, large stream) within the city limits
- 2) Purchase/rent a home on the water (lake, pond, stream) with easy highway access into city within an agreeable time limit.

Which branch is in more in line with that passion? Now the decision is a “no-brainer”. They hand off their new criteria to their realtor. Once the realtor shows them things that match their collaborative criteria, they select the one that is more in line with their passions and dreams.

Live on purpose: In this example, they were each holding onto one solution that they felt covered their “individual” desire. But once we focused on “why” they wanted that specific thing – they were able to see common goals. Sometimes it takes letting go with both hands and climb a different tree.

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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