

The Weekly Shift

LIFESTYLE · LIFE · BUSINESS COACHING

Four shifts to start with

Welcome to the first issue of The Weekly Shift. Our first four episodes are live: two Shift Exchanges, where you watch a shift happen, and two Shift Conversations, with people who have already made theirs. Here is what each one has to offer, and one thing to try this week.

SHIFT EXCHANGE 1

**Finding
her *why*
again**

Rob & Viki

SHIFTTM
happens HERE



SHIFT EXCHANGE 2

**Put first
things
first**

Rob & Sophie

SHIFTTM
happens HERE



SHIFT CONVERSATION 1

**Knowing
when to
let go**

Rob & Dan

SHIFTTM
happens HERE



SHIFT CONVERSATION 2

**Turning
bad things
into joy**

Rob & Jim Kerwin

SHIFTTM
happens HERE



Watch a shift *happen*



SHIFT EXCHANGE 1 • 50 MIN

Finding her why again

with Viki

Viki came to this Exchange with one fear: “I’m afraid I’ve lost my why.” Rob helps her find what is in her own hands: a practice of her own, helping other people, mapped out on a One Page Business Plan.

- You can’t fix everything at once. Pick one thing.
- One adult who believes in a child can change the route of a life.
- Forgiveness frees the one who forgives.

“If you change the way you look at things, the things you look at change.”

[Watch the episode](#)


SHIFT EXCHANGE 2 • 63 MIN

Be proactive, put first things first

with Sophie

Sophie is twenty. She knows what’s good for her; doing it when it’s uncomfortable is the hard part. Rob coaches her through two of Stephen Covey’s habits, and a week of small, daily steps.

- Spend your time on what’s important but not urgent.
- Plan tomorrow tonight, and keep the list short.
- Repetition turns the hard thing into the natural thing.

“If the why is sufficient, the what doesn’t matter.”

[Watch the episode](#)

How they *made* it



SHIFT CONVERSATION 1 • 42 MIN

Knowing when to let go

with Dan

Dan started a screen printing shop in his garage and grew it into a real company in Oakland. Then he knew when to let it go, and moved three generations of his family onto six acres in Washington State.

- Know when a chapter is finished.
- Success is measured in more than money.
- Take the next step, one baby step at a time.

“Wealth is not measured by your bank account. It’s measured by your attitude, by your health, by your well-being.”

Watch the episode



SHIFT CONVERSATION 2 • 33 MIN

Turning bad things into joy

with Jim

Rob and Jim have known each other since they were in diapers. Jim spent more than thirty years playing bass with the David Grisman Quintet, lost his mother young and later his wife, and raised two children on his own.

- Find what you love, and let it carry you.
- Grief is a process, not a moment.
- It’s up to you to break the cycle.

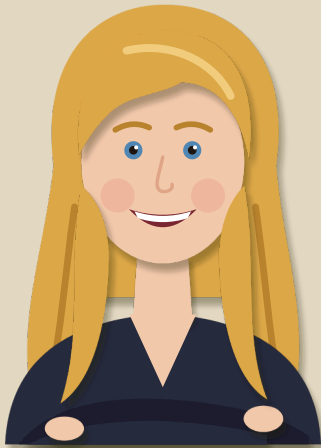
“You don’t have to stay where you are. Let’s figure out where you really want to be.”

Watch the episode

Rob and Kris *look back*

KRIS

Three moments stayed with me. Her cousin, who hates running, and runs five miles every day anyway, because he knows how he'll feel afterwards.



ROB

Then brushing your teeth. Nobody wants to as a kid. Twenty years later you don't even think about it. Repetition turns the hard thing into the natural thing.



OVER TO YOU

What's the one important thing you keep putting off?

Tell us in the comments under the episode, or reply to this email.

TRY THIS WEEK · FROM SOPHIE'S EXCHANGE

Plan tomorrow tonight

1. Each night, write a short plan for tomorrow: one or two things for your health, one or two for your future.
2. Keep it short. Ten things a day is a wish list.
3. Add one line of affirmation, and ask someone you live with to keep you honest.

Think Win-Win

Dr. Stephen Covey, The 7 Habits of Highly Effective People (Habit 4)

Habit 4 of The 7 Habits of Highly Effective People is “Think Win-Win.” It’s about cooperation: humans working together to build, create or serve, in any activity that needs people to work together well.

Covey describes six ways people can deal with each other, in business, in families, or any time two or more people share an effort:

Win-Win

Win-Lose

Lose-Win

Lose-Lose

Win

Win-Win or No Deal

Seeking Win-Win creates a pattern that benefits everyone involved. In business, if you go for your best deal regardless of the other side, you’ll create an exodus of customers who don’t want to deal with someone who only considers their own experience. By the same token, if you give away the income you need to make a profit, you’ll eventually go bankrupt.

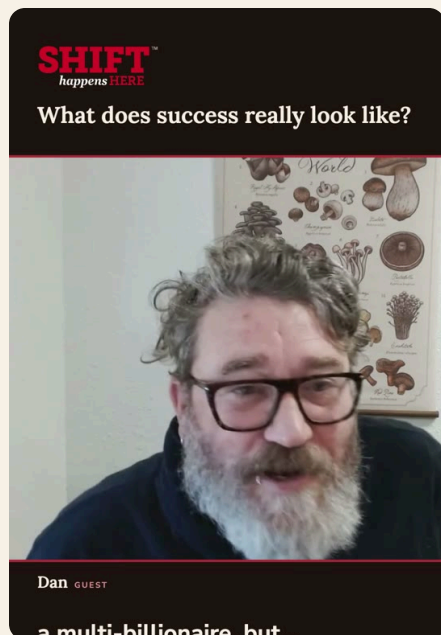
“Always go for Win-Win, with family, friends, customers, even strangers.”

— Rob

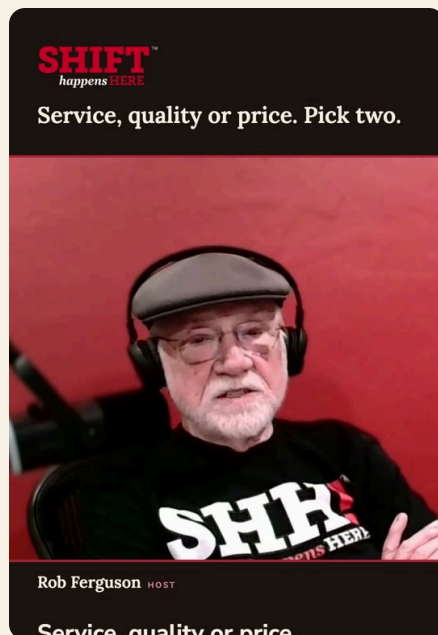


ON THE CHANNEL

This week's shorts



What does success really look like?
with Dan



Service, quality or price. Pick two.
with Dan



Turning bad things into joy
with Jim

YOUR TURN

Have a shift of your own to make?

Fill in our questionnaire. You choose how you appear: on camera, or as an illustrated avatar. We read every one, and we may feature your Exchange on the show.

Be our guest

Every episode

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Know someone this would help? Forward it on. They can sign up at shifthappenshere.org.

Shift Happens Here is coaching, not therapy. If something here stirs up something hard, please reach out to a professional you trust.

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