

Engage with Self Engage with Life
- the Key to Successful Aging -

Wayne T. Phillips, Ph.D., FACSM, Intrinsic Coach^{RM}

ProActivAge Consulting

www.proactivage.com

Engage with????? What?????

- **To discover for yourself (engage with) what is truly and uniquely important to you, will enable you in turn to discover what is uniquely important to the way you live (engage with) your life.**

... in other words ...

**It will (you will) reveal your own unique
path to “Successful Aging”**

What is Successful Aging?

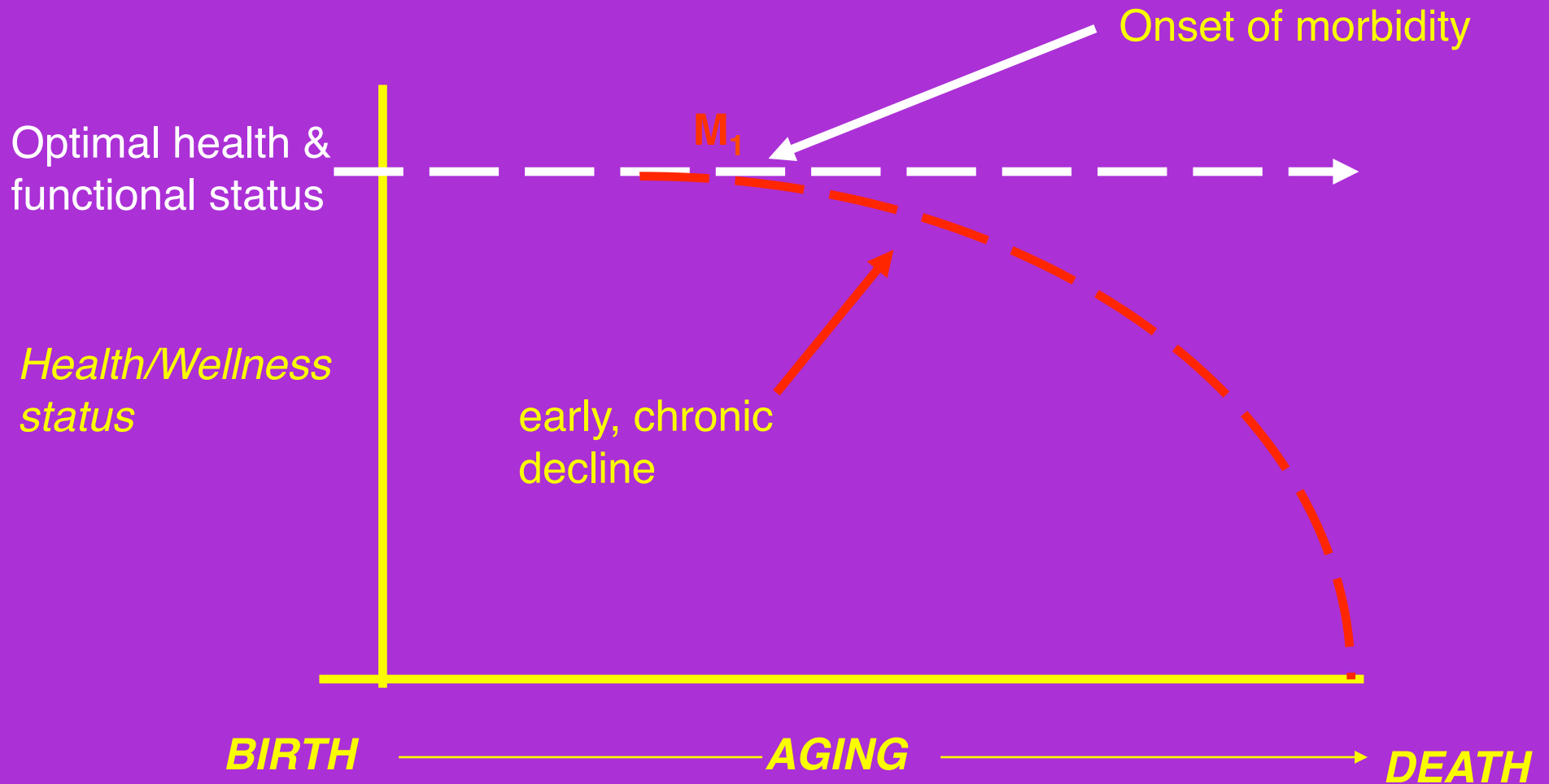
- **To be able to do what is necessary, meaningful and important to you in your own particular life without limitationto feel good about this, and about yourself**

“Dimensions of Successful Aging”

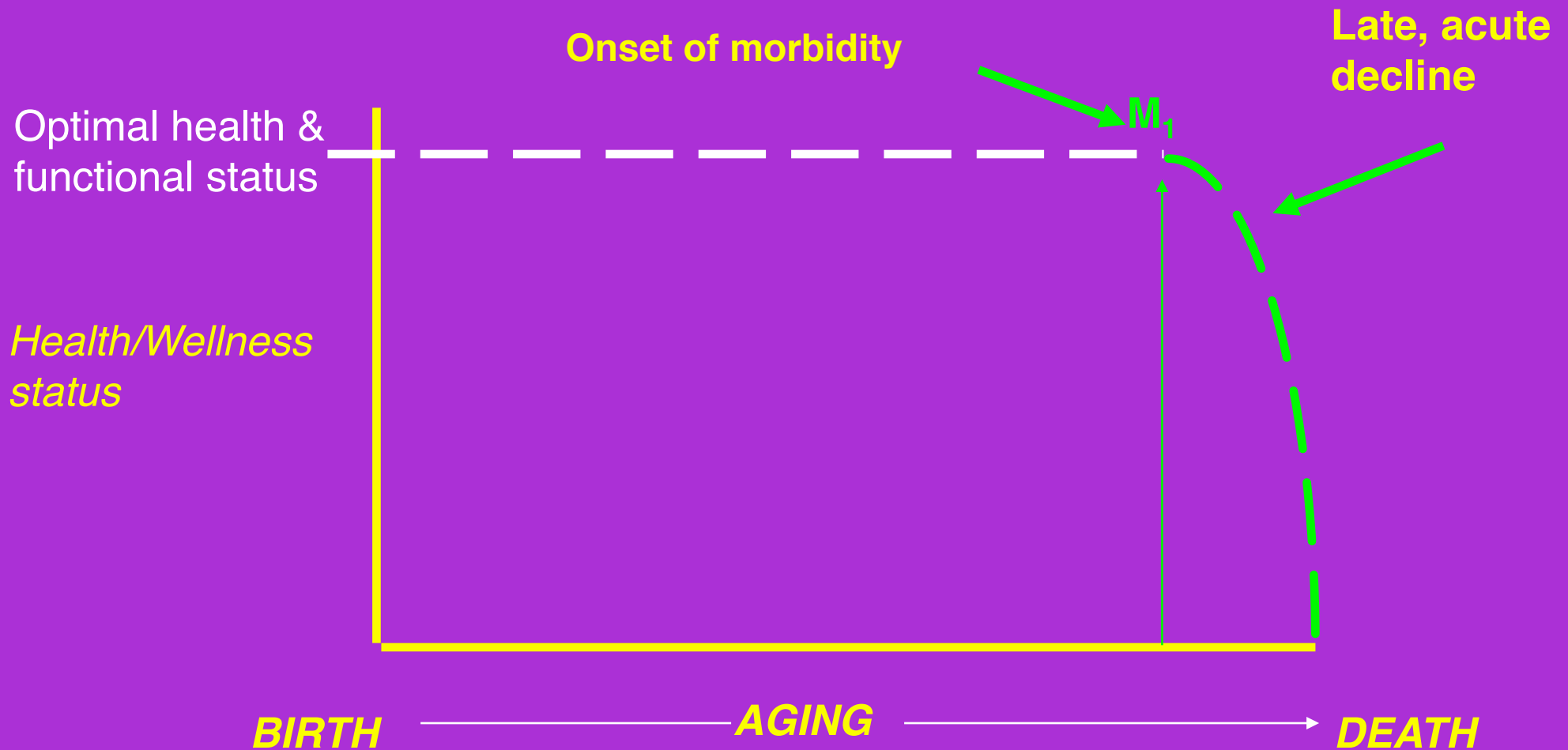
- **“Active, Healthy lifestyle”**
- **“Informed, meaningful decision-making”**
- **“Empowerment”**

“Usual” vs “Successful” Aging

“Usual Aging”

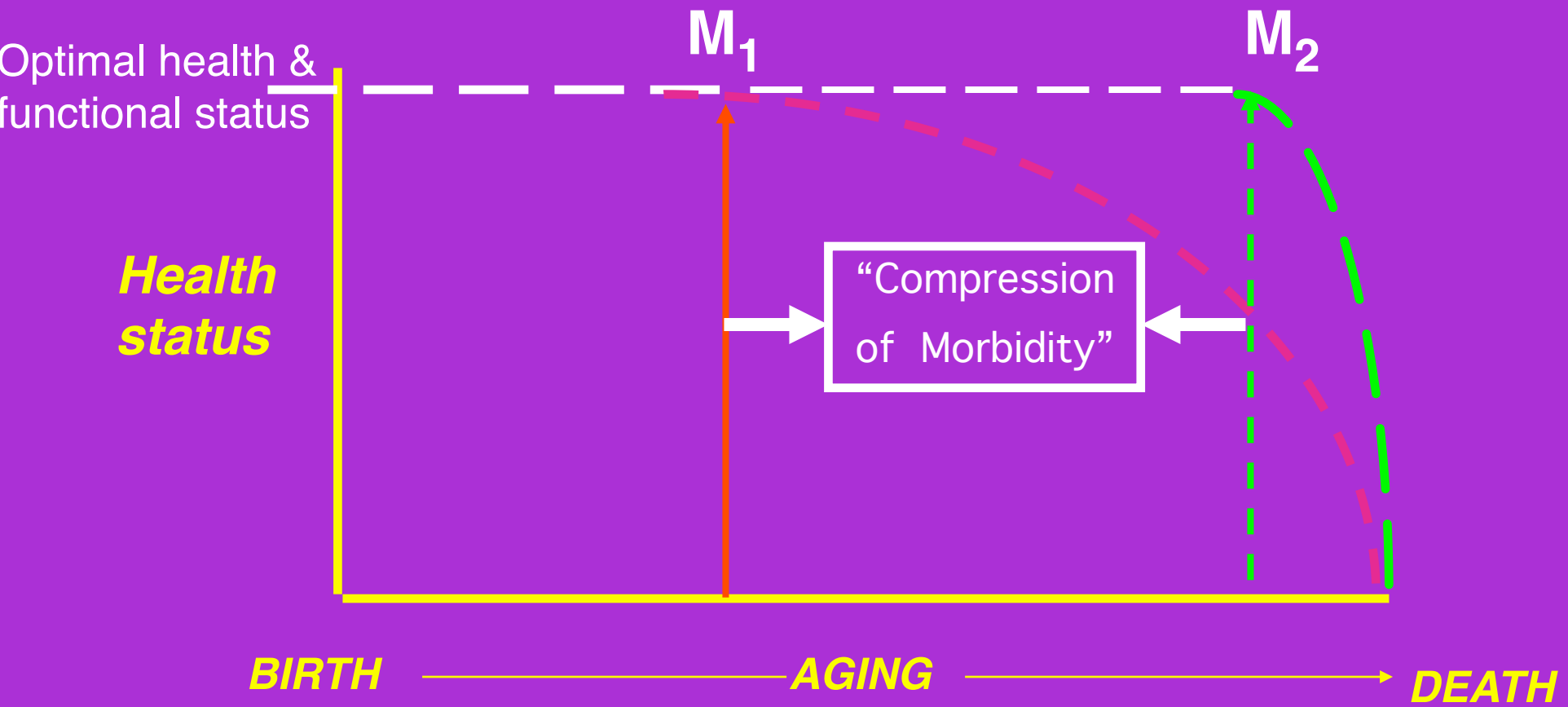


“Successful Aging”



“Successful Aging”

The “compression of morbidity”



The Seven Habits of Highly Successful Agers

- 1. Stay strong and physically active**
- 2. Maintain normal weight**
- 3. Adopt good sleep habits**
- 4. Maintain social contacts**
- 5. Keep an alert mind**
- 6. Are self vigilant**
- 7. Engage with their environment**

Moving Forward?

- **We already know ‘what’s good for us’**
- **How much further forward does this knowledge take us?**
- **What ‘good’ does this do us??**

***Time to look at a different approach –
a different way of thinking***

BEHAVIOR

***You can't solve a problem in the same
consciousness in which it arose."***

Albert Einstein

Intrinsic Coaching™

***A conversation people have that
elicits best thinking and decision
making so people can create results
that are important to them***

A new way of thinking?

What are you thinking?

Unchanging words, everchanging thoughts

- **Same words – different meaning?**
- **Same questions – different answers**
- **A question of meaning or clarity????**

What's in a Word?

"I have good views and I have bad views"

"Good" Views

- **"Activity"**
- **"Physical Activity"**
- **"more than four days .."**
- **"four or more days .."**
- **"Most days .."**
- **"Moderate"**

"Bad" Views

- **"Fitness"**
- **"In shape"**
- **"Exercise"**
- **5 days a week**
- **almost all days**
- **"Vigorous" (?)**

Source: AARP Survey: Attitudes and Behaviors 2002

The overarching philosophy of Intrinsic Coaching™

- **People are the main change agents in their own lives**
- **They themselves have their own intrinsically derived, unique answers to achieving such changes.**

Two Foundational Premises

Premise #1

- **Intrinsic Coaching™ is founded on an “asset based” approach to people**

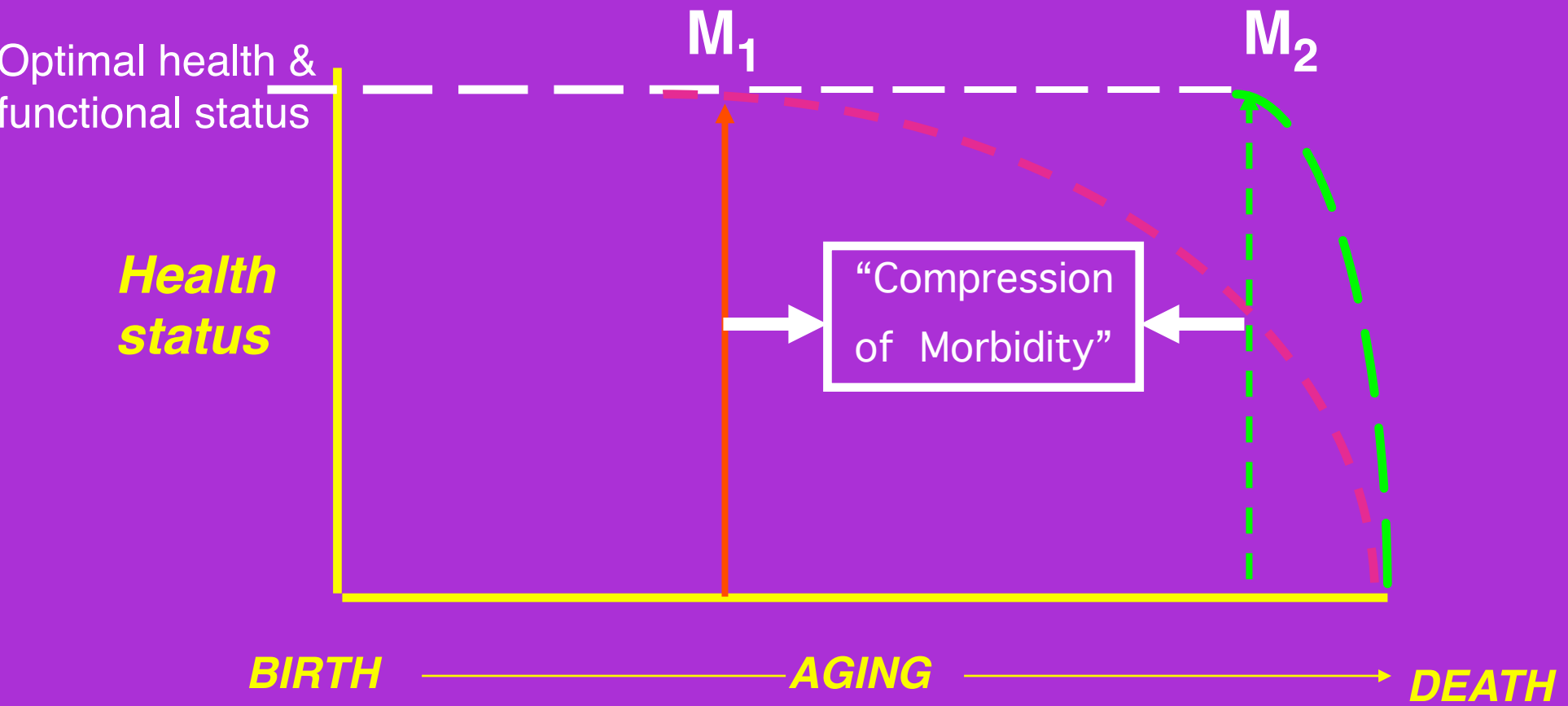
“Asset-based” vs “deficit-based” approach

Deficit Based

- **‘Fixing’, ‘Telling’, and ‘Correcting’**
- **‘Guiding’, ‘Informing’ and ‘advising’**
- **Obstacle-focussed**
- **Values ‘expert’ as sole source**
- **Getting ‘less bad’**

“Less Un-Successful Aging”

The “compression of morbidity”



What is an “asset approach” to people

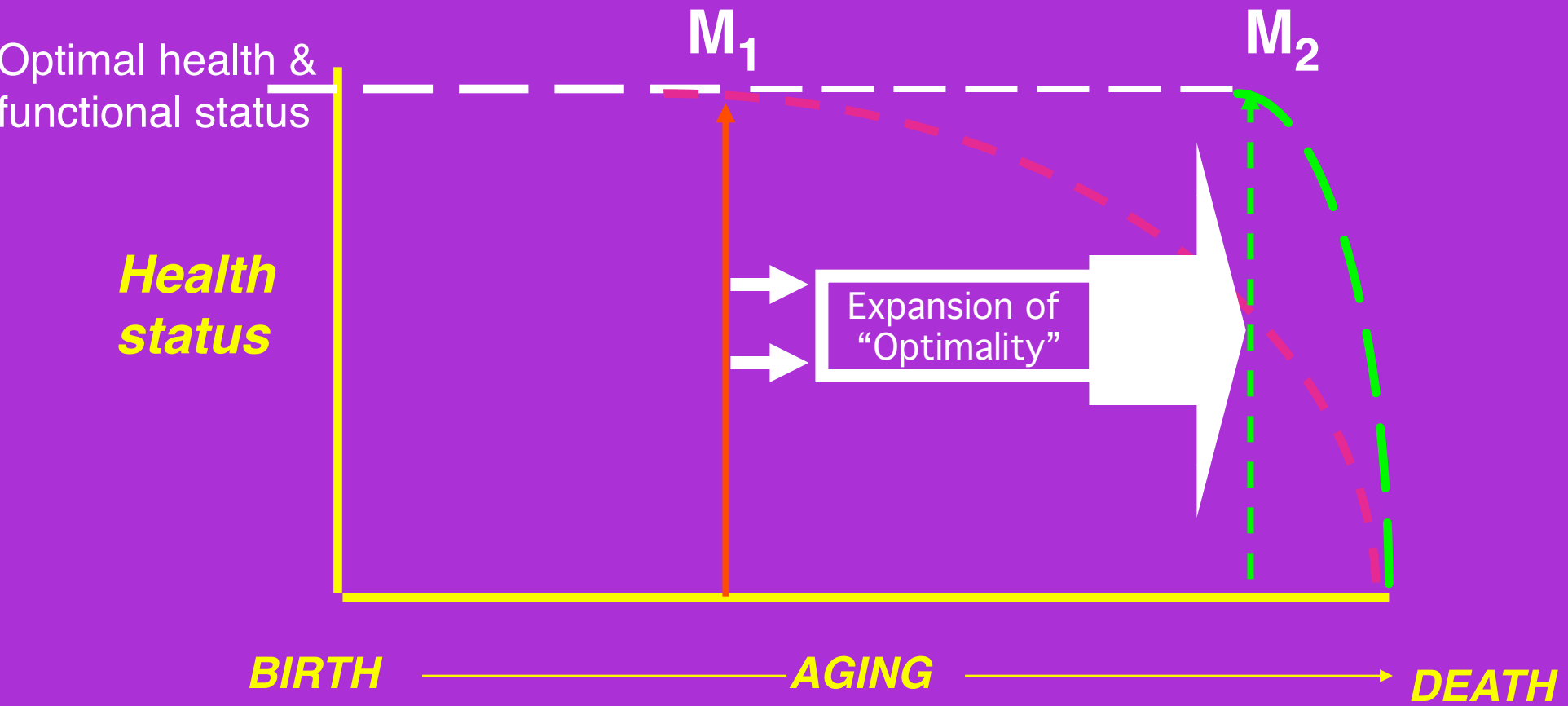
- **Intrinsic Coaches™** choose to regard their **coachees as** “capable, creative and creative and complete”

Build on 'Assets'

- **Focuses on goals to accomplish, not obstacles to overcome**
- **Focuses on 'learning' not 'failure'**
- **Elicits a generative and empowering process**

“Successful Aging”

The expansion of “Optimality”



Two Foundational Premises

Premise #2

- **Intrinsic Coaching™ is based on an established and powerful science of thinking**

A powerful science of thinking - Axiology -

- **“Axiology” – the Science of Values**
- **Dr Robert S. Hartman, a Nobel Prize nominee for this work, launched the basic science of thinking on which the discipline of Intrinsic Coaching™ is based.**

Dr. Hartman's axiom

- **“Our values are the keys to our personalities, to self-knowledge, and to understanding others”**

Hartman's Dimensions of Thinking

- **Systemic Thinking**
- **Extrinsic Thinking**
- **Intrinsic Thinking**

Systemic Thinking

- **Values how things “should” be or “ought” to be (e.g. I should get fit; I should weigh less; I ought to stop smoking)**

Extrinsic Thinking

- **Values compartmentalizing issues and behavioral “labels” (e.g. this is a good way to lose weight, to stop smoking, to get fit etc)**

Intrinsic Thinking

- **Values uniqueness and individuality (e.g. what is important to me is unique to me, and cannot be known or predicted by any other person).**

Hartman's Dimensions of Thinking

- **Systemic Thinking**
- **Extrinsic Thinking**
- **Intrinsic Thinking**

How do these Dimensions fit into our daily lives?

- **ALL Dimensions are essential to our daily lives**
- **Intrinsic thinking most important and relevant to individual behavior change (Think about it!)**

“Usual Thinking”

- **Systemic and Extrinsic thinking (usually) predominate most people’s thinking (Think about it!)
 - “Should”, “Could”, “Ought” etc**

- **Another way of thinking about Hartman’s DOTs may be**

Hartman's Dimensions of Thinking

▪ **Systemic Thinking**

▪ **Extrinsic Thinking**

▪ **Intrinsic Thinking**

“Usual” Thinking

“Successful” Thinking”

How does this thinking fit into our daily lives ('usually')???'

How does our thinking usually 'drive' our goals and actions

- Behavior change?
- Health Care?
- Family life?

***Time to utilize a different approach –
a different way of thinking***

There's such a poverty of Intrinsic thinking that if you increase it even just a little, you're a genius!

Dr. Leon Pomeroy *(Director, Hartman Institute for Formal and Applied Axiology)*

What would a “coaching approach” look like to

E.G.

- **Weight loss?**
- **Exercise?**
- **Physical Activity?**

Options and Strategies

Some practical strategies to “Following Through” on your commitment

- **Cueing**
- **Chunking It Down**
- **First Things First**
- **Elegant Preludes**

Strategy #1: Cueing

Create physical cues to remind yourself of activities you either want or don't want to do

- *Jane, a sales woman, put a picture of her dream car next to her phone as an incentive and reminder to make her allotted number of cold calls every day.*
- *Mark put a photo of himself in younger – and thinner – days on the refrigerator to remind him to avoid useless snacking.*

Strategy #2: Chunking It Down

When a task seems overwhelming, write down the steps that need to be performed to complete it. Then do the steps in any order you please. Commit to doing only one task at a time and, in time, all will be done.

- *Darius wanted to apply to graduate school, but had been putting it off partly because he didn't know all the steps involved. So, he created a list of what he must do to get it done: go to the school to seek advice and forms; go to the library to read books with tips on how to submit a winning application; talk with others who've done it. He decided the easiest thing to do first would be to talk with people he knows who have graduate degrees. He made an appointment with someone that day and, thereby, began the process.*

Strategy #3: First Things First

With this approach, you do the very first thing you need to do to accomplish something you really want to do. You expect no more, however, than just taking that first step. Often you will go ahead and do additional steps or even all the steps, anyway.

- *You decide it's finally time to start riding your bike every Monday, Wednesday and Friday and so on those days, after getting home from work, you take the first step by going to the garage, getting your bicycle, and leaning it against the driver's side door of your car.*
- *Barbara, a busy executive, decides it's time to start a workout program at a nearby gym, so she blocks out the time on her calendar to go three days a week for the next four weeks.*

Strategy #4: Elegant Preludes

This is a great way to build a desired habit by preceding an undesired habit with the one you want. You are still free to do the habit you want to stop, but by preceding it with the one you want, you decrease the likelihood of doing what you don't want to do.

- *You're swearing off junk food. Before reaching for the cookies, you reach for some fruit and eat it first. You can still go for the cookies, afterwards, if you still want them, but maybe you won't or maybe you'll eat just one.*
- *George enjoys his evening beer, but he isn't enjoying the extra inches he's added to his waistline. So now, before going to the fridge, he fills a glass with fresh water and drinks it first.*

Further Information

**Wayne T. Phillips, Ph.D., FACSM,
Intrinsic Coach™**

ProActivAge Consulting

661-26 B WELL

wphillips@proactivage.com

www.proactivage.com

***FOR A COMPLETE LIST OF “OPTIONS” AND
‘FOLLOWING THROUGH’ STRATEGIES PLEASE***

EMAIL ME AT

wphillips@proactivage.com

Questions???