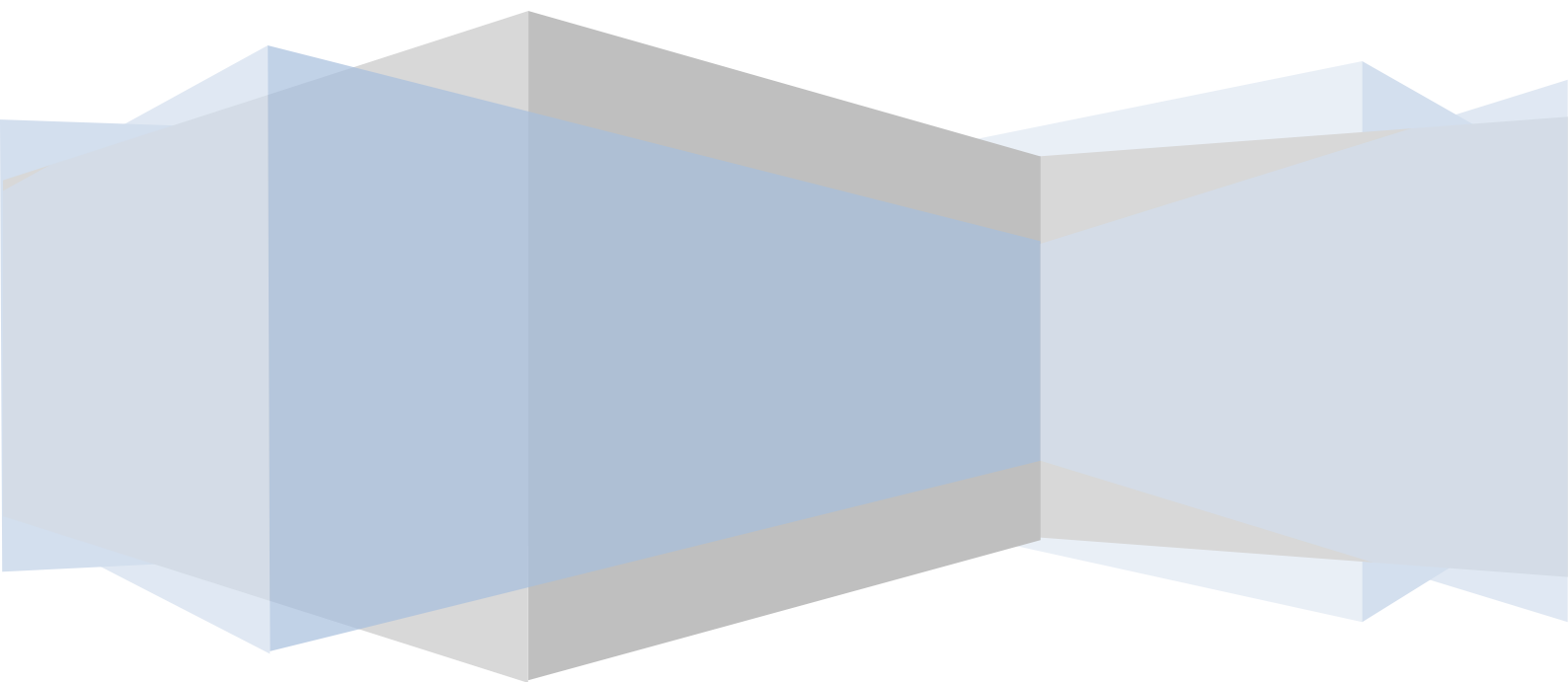


The Inner Coach

Standards, Boundaries, Qualities & Accuties

Keith Collins



A Standard is the level to which I perform a physical task.

It is the measure of my physical behaviour.

A standard of performance is the level to which a task is carried out.

When a task is accomplished to the required level, it meets an agreed standard.

My standard is the level of behaviour that I accept of my Self.

My acceptable level of behaviour becomes my standard.

I measure other people's standards relative to my boundaries.

A Boundary is the level of behaviour that I find acceptable from other people.

My standard is that I respect other people's boundaries.

My boundary is that other people respect my standards.

When I respect other people's boundaries, I act within the boundaries of what they consider to be an acceptable standard.

When I cross another's boundaries, I automatically invite them to cross mine.

When my boundaries are aligned with my standards, I am in integrity.

I am enabled by the standard of my physical capability.

A Quality is a personal attribute that has true value for me.

A quality emotional attribute has the attainment of a true value.

I am empowered by the quality of my emotional attributes.

An emotional state of being that empowers me has an emotional quality because it *is* a quality.

A quality defines the level of my emotional power.

The quality of my emotional power is determined by the state of being that I am attributing to my Self.

The quality of my awareness determines the awareness of my qualities.

A state of being that raises my emotional power has quality, whereas one that lowers my emotional power does not.

Emotional qualities are the product of my personal attributes & attainments and determine the quality of my life.

I am empowered by the quality of my emotional competence.

An Accuity defines the level of my mental & emotional intelligence.

Awareness is an emotional accuity.

Consciousness is a rational accuity.

Conscious-awareness requires my exclusive-connection to both my rational & my emotional intelligence.

I aspire to attain the level of my mental accuity.

It is the level of my mental aspirations.

I cannot think beyond the limits of the accuity of my mind.

They define my mental capacity to experience emotional thoughts.

My mental accuity and my emotional qualities allow the expansiveness of my physical standards.

An accuity is a mental standard or the standard to which I use my mind, or my mind uses my Self.

I aspire to the accuity of the mental capacity to which I am authorised.

The accuity of my **Mind** is my omniscient authority.

The quality of my **Heart** is my omnipotent power.

My **Strength** is the standard of my omnipresent ability.

My **Soul** has no boundaries and no expectation of other people's behaviour.

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theinnercoach@me.com

<http://www.theinnercoach.eu>