

*Managing with Aloha Coaching* in a

**MONTHLY 5 BEAT RHYTHM**

*Ho'ohana: Get the MWAC Value Your Life coaching to Work for you*

**BEAT 1.** We start with [an essay](#) on the value of the month. That first time you read it, take **five minutes** to write down two things:

- 1) Your questions - add them to [the blog comments](#) or [email them to me](#) if you want me to address them! and,
- 2) Your intention in learning more about the value - understand that your intention creates a kind of intuitive magic for you the rest of the month; when you capture your early thoughts, connections will get made in the days to follow. You wake up your self-attuned attentions.

1)

2)

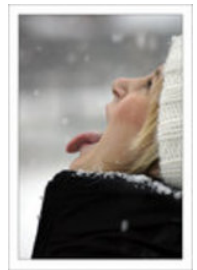
A possible **3)** Say 'intention,' and the first word that comes to mind for me is [Ho'ohana](#), my intention for worthwhile work. Is there a connection with what you have just written to your Ho'ohana?

**BEAT 2.** During the month I will continue to write about the value of my Day One essay. As I write for MWAC, I challenge myself to suggest action steps for you. You will get the most out of reading the site when and only when you take them!

*Reading alone, without true learning through action, is like tasting a meal but stopping short of eating it... or like trying to catch snowflakes with your mouth closed...*

Self-coach: Review what you had written for **BEAT 1** each and every time so you connect the actions I have suggested, tweaking them for your own intentions. Doubly smart: Team up with a buddy in using the site and coach each other.

**Your notes:**



**BEAT 3.** Sundays will always take a slight departure; on MWAC we began the practice of [Sunday Mālama](#). Traffic counts are proving Sunday to be the busiest day on the site, and I suspect it has become visiting day for those who don't consider themselves "practicing managers" as much as "aloha learners" in the different roles they have. Love the thought! In my **'Imi ola**, *my best possible life*, I eagerly blur the lines between personal and professional; One life, one ho'ohana!

You may choose Sunday and a weekend project, or you may designate another special weekday, making it your **All About Me Day**; think of [the value of Mālama](#) itself, and use **BEAT 3** for your personal care project of the month: What will it be?

**Option A)** My Beat 3 plan for **All About Me Day** this month:

**Option B)** I plan to follow the lead of MWAC this month, joining the Rhythm of **Sunday Mālama**: These are the actions I will take:

**BEAT 4.** Capture your learning. Here is a great example: Joanna Young shared her connections to 'Ohana in her role as a writing coach: [Create a connection at work: writing with 'Ohana](#). Just as Joanna did, connect your value learning to a set of specific actions that proved to be most relevant to your own situation. I require my executive coaching clients to do this on a weekly basis as part of their **Weekly Reviews**, for I find that the 7-day week has its own timeless, universal rhythm, and syncopation is the way to go! During their Weekly Reviews their past week is evaluated, and the next one is proactively planned for, so they can make progress which is coupled with new lessons-learned. Learn more about the Weekly Review here: [Learn a 5-Step Weekly Review – you'll love it!](#)

End of Week One \_\_\_\_\_(date)

End of Week Two \_\_\_\_\_(date)

End of Week Three \_\_\_\_\_(date)

End of Week Four \_\_\_\_\_(date)

Month End \_\_\_\_\_(date)

**Log a Learned in 5: What are your Key Take-Aways?**

- 1)
- 2)
- 3)
- 4)
- 5)

**BEAT 5.** Manage well! [Great managers](#) and those who [self-manage](#) create their future, and they don't settle, or wait for things to just happen to them. Self-coach going forward by making note of your future follow-through.

*Create a strong, intentional weekly plan with your Calendar and Weekly Review.  
Integrate specific actions into [Dailies](#) and/or other parts of your Trusted System.*

To help you with this as time goes by, I created a set of index pages as an additional way to navigate my article paths here as current postings slip into the archives. You will find them to the far right of the blog, directly under the list of nineteen values.

Quick Link to the full [Managing With Aloha Coaching Article Index](#).

Are you keeping current with a [free subscription option](#)?

**Bonus Links:**

[12 Rules for Self-Management](#) and [12 Rules for Self-Leadership](#)

Actions to Keep	How I will Keep Them: NEW HABITS
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)