

Attraction Approach

100 Key Points About Attraction That Every Coach Should Know

The Attraction Approach is a set of 28 principles, which are described in [The Portable Coach](#). The main points of Attraction have been summarized into the bullet points below for quick reference. I developed this one-page summary to guide me through the introduction TeleClass I lead periodically.

1. What is Attraction?

Attraction is these things:

- ▶ Law of, and force in, Nature
- ▶ Meme, an idea.
- ▶ Approach to living
- ▶ Set of Actionable Principles
- ▶ Personal Operating System
- ▶ Skill-set to master
- ▶ Increase of flow
- ▶ Path to self-discovery
- ▶ Value-Added Proposition
- ▶ Filtering system

2. Attraction Metaphors

Attraction is like...

- ▶ The Concorde Airplane
- ▶ Windows 98 Operating System
- ▶ Periodic Table of Chemical Elements
- ▶ Electrical Schematic
- ▶ Chakras
- ▶ Baskin-Robbins
- ▶ Superconductivity
- ▶ Chiropractic
- ▶ The Gym
- ▶ A Move to the Country

3. Why Attraction works

10 reasons why Attraction works well.

- ▶ Become more Attractive to yourself.
- ▶ Better filtering
- ▶ Raise your standards
- ▶ Strengthen your Personal Foundation
- ▶ Attract better community/network
- ▶ Become very grateful, satisfied
- ▶ More value to offer to others
- ▶ Understand life's dynamic
- ▶ Simplify your life
- ▶ Eliminate blocks/tolerations/costs

4. Power of Attraction

What makes the Attraction Approach so effective?

- ▶ Sustainable
- ▶ Naturally Attractive
- ▶ Evolutionary
- ▶ Flexible
- ▶ Actionable
- ▶ Start Anywhere and Anytime
- ▶ Synergistic
- ▶ Interdevelopmental

- ▶ Universally Applicable
- ▶ Integrative

5. Learning Attraction

What are the 10 steps?

- ▶ Read "The Portable Coach" book
- ▶ Notice your reactions to principles
- ▶ Select principle(s) you like most
- ▶ Experiment with that principle
- ▶ Notice how you start to change
- ▶ Notice how your environment changes
- ▶ Talk about these changes
- ▶ Identify an Attraction-based win
- ▶ Experiment with 4 more principles
- ▶ Become Attraction-based

6. Changes to Make

What changes are needed for Attraction to work best?

- ▶ Give up 'predesigned future.'
- ▶ Eliminate the to-do list
- ▶ Eliminate need for external validation
- ▶ Accept unacceptable people
- ▶ Trust your whims and experiment
- ▶ Learn from your environment
- ▶ Find different stimulation sources
- ▶ Experiment with "absence of"
- ▶ Abandon beliefs and opinions
- ▶ Carve out your own reality

7. Benefits of Attraction

How is the Attraction approach helpful?

- ▶ Less stress
- ▶ Better goals
- ▶ Fewer problems
- ▶ Less confusion
- ▶ Less decision-making
- ▶ More energy
- ▶ Increased learning
- ▶ More enjoyment
- ▶ Nicer people
- ▶ Stronger network

8. Why Attraction?

What global trends have set the stage for Attraction?

- ▶ Efficiency, productivity
- ▶ Disintermediation
- ▶ Instant and immediate service
- ▶ Creativity, experimentation

- ▶ Just-in-time learning and training
- ▶ Entrepreneurism rules
- ▶ Humans are civilizing rapidly
- ▶ Individualism is now honored
- ▶ Crumbling of institutions
- ▶ Curiosity, fewer taboos

9. Progressions

These are 10 of the Attraction-oriented 3-step "evolutionary progressions."

- ▶ Flow > Synchronicity > Serendipity
- ▶ Capacity > Bandwidth > Flow
- ▶ Personality > Qualities > Character
- ▶ Accept > Integrate > Assimilate
- ▶ Listen > Experience > Evolve
- ▶ Efficiency > Productivity > Effectiveness
- ▶ Seduction > Promotion > Attraction
- ▶ Attentive > Present > Responsive
- ▶ Momentum > Flow > Chaos
- ▶ Stockpile > Reserves > Reserve

10. Application Tips

How to get the most value from the Attraction Principles.

- ▶ Master your favorite 5 (out of 28).
- ▶ Don't force the principles to reach a goal.
- ▶ Take your time to learn these. No rush.
- ▶ Integrate principles into your life, not the other way around.
- ▶ As you simplify, there's more room for Attraction to work.
- ▶ Start with Toleration-reduction.
- ▶ Use the available 100-pt checklists.
- ▶ Don't force yourself to 'be attractive.'
- ▶ Experiment with all 28 principles.
- ▶ Moderation, when possible.

More Resources Available

Find out more at these websites.

- ▶ www.theportablecoach.com
- ▶ www.attractionu.com
- ▶ www.clean-sweep.com
- ▶ www.personalfoundation.com
- ▶ www.teleclass.com
- ▶ www.coachu.com
- ▶ www.attractionu.com
- ▶ www.coachu.com
- ▶ www.thomasleonard.com

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