



PEAK MOMENT

COACHING EXERCISE & SCRIPT

brought to you by:

THE COACHING
TOOLS COMPANY.COM 



"Peak Moment" Background

Where does the expression "Peak Moment" come from?

Abraham Maslow (famous for developing his Hierarchy of Needs) developed the concept of a peak experience. He described a peak experience as "moments of highest happiness and fulfilment". Also as, "rare, exciting, oceanic, deeply moving, exhilarating, elevating experiences that generate an advanced form of perceiving reality, and are even mystic and magical in their effect."

Maslow was different from many psychologists of his time in that he studied mentally healthy people and focused on optimal mental health rather than pathology or mental illness. Specifically he was interested in people who were self-actualizing - becoming their best or highest selves.

What is a "Peak Moment"? When does it happen? And what does it feel like?

Maslow's theory was that a peak experience is a high point in life when someone is fully attuned to themselves and their environment. Different from a state of "Flow" which is a conscious *process*, peak moments or experiences are an *event* that happens while someone is functioning at optimal levels.

A peak moment can occur any time. What's important about a peak moment is the intense feelings - of freedom, wholeness and harmony, of happiness and even ecstasy. Maslow's studies suggested "...common triggers for peak experiences included art, nature, sex, creative work, music, scientific knowledge, and introspection."

A person experiencing a peak moment loses the need to judge or criticise. More than a state of presence or flow, it is an intense feeling of oneness and connection to self, others and/or the world. It is a moment when we feel or reach our full potential. Most importantly it is when we feel fully ourselves.

How can a "Peak Moment" help us? What can we learn from a peak moment?

- A peak moment becomes an anchor we can return to, when we need a boost.
- A peak moment can be something we work towards - not in a must... get.... there.... way, but to inspire and remind us of what we are capable of, and capable of feeling.
- A peak moment points to our deepest self:
 - our values
 - our capacity to be open, creative and spontaneous
 - our beliefs about what is possible, when we are not encumbered with doubt and fear
 - who we truly are when we are not wearing a mask or worrying what others might think!

How do "Peak Moments" help our clients?

Helping your client consciously recall and connect to a peak moment can help them be more resourceful, motivated and feed beautifully into values identification work. Use when they need a boost or to connect more deeply to themselves, their values and goals.

Introducing the "Peak Moment" Coaching Exercise for you and your clients:

Turn over for a script and questions to ask, plus some optional follow-on homework. The questions start in the present tense to help your client relive the experience, and then shift into the past tense to help them reflect and integrate their learnings.

Allow 30-45 minutes to guide your client through this experience.

Tip: You can also use this exercise as part of a seminar or workshop. Ask your attendees to bring pen and paper or their journals. They can write their answers down, and then share their responses in groups of 2-3.

IMPORTANT: [*Words in italics and square brackets*] are instructions for you, and not for reading aloud.



"PEAK MOMENT" EXERCISE

See Who You Are in a New Light!

THE COACHING
TOOLS COMPANY.COM

Your "Peak Moment" Exercise Script

In a minute, I'm going to ask you to think of a peak moment when you felt at one with yourself and the world. Keep it to a moment or we will have too much information to work with. This peak moment could be a specific event, or a time when you felt a happy/euphoric state. *[pause]*

Examples could be when you completed a big or important task, discovered something new, played sports or performed a challenging activity, played an instrument, created something artistic or built something. It could also be a time you were meditating, gardening, performing a chore or routine task.

The key is that in this moment life felt meaningful and fulfilling. You weren't judging yourself. You accepted everything as it is, feeling a sense of oneness, wholeness and connection to what really matters. You felt truly present, happy or even blissful. Importantly, you felt free and fully yourself. *[pause]*

Take your time and allow a memory or experience to pop up. Let me know when you have a peak moment in mind.

[Now gently ask questions to bring out more information and a fuller remembering of this moment:]

- Tell me about this moment. What is happening? What are you doing?
- Where are you? What is around you?
- Who else is with you? What else do you notice? *[pause]*
- What specifically makes this such a special experience for you?

Take a moment to re-live and re-experience that moment and how you felt.

[Pause for a good 30 secs - 1 min to allow the experience to sink in]

Now we're going to explore this experience more deeply.

[Give your client plenty of space and time to answer these questions fully]

- We talked about what you are doing, but how are you BEing in this moment?
- What (if anything) are you saying to yourself?
- What do you believe about yourself in this moment?
- What is important and meaningful to you? What values are you honouring in this moment?
- a) How did you see yourself differently during your peak moment?
- b) What about now, as you look back? What changed in you as a result of your peak moment?
- a) How did you see life differently during your peak moment?
- b) And what about now, as you look back. How did your peak moment affect how you see your life?
- What can you carry forwards into the rest of your life from this experience?

Before we wrap-up this experience I'm going to ask you two big questions. Don't think, just answer with whatever springs into your mind. *[Again, give your client plenty of space to answer these questions deeply.]*

- What is possible for you in life?
- Who are you, really?

Follow-on Homework Options

1. Make a list of what you believed about yourself, others and the world in that peak moment.
2. What was important to you in that peak moment? Write out what you valued and made the experience meaningful and fulfilling. Then for each value, write 1-2 sentences on why that value is so important.
3. Write out your answers to the question, "What is possible for me in life?"
4. Write out your answers to the question, "Who am I underneath it all, when I take away the self-judgement, criticism and fear?"
5. What affirmation could you come up with for yourself to sum up the learnings you had from this experience?



"PEAK MOMENT" EXERCISE

See Who You Are in a New Light!

THE COACHING
TOOLS COMPANY.COM

I hope this "Peak Moment" Exercise helps your clients see themselves in a new light!

Did you know that at The Coaching Tools Company.com we have plenty more tools and resources for you to use with your clients?

- Save yourself time, effort and find the perfect resources to grow your clients.
- Boost your confidence in sessions and hold awesome workshops and teleseminars!
- Great homework ideas to keep clients in a coaching frame of mind.
- Brandable, Microsoft Word documents - delivered instantly!
- Also available in helpful toolkits.

Here are some things to do if you liked this "Peak Moment" Coaching Tool:

- If you haven't already, [Sign up for our newsletter](#) to get **one free coaching tool a month for 12 months!** Starts with the "549 Powerful Coaching Questions" eBook.
- Like our [Facebook Page](#) and say, "Hello".

You may also find these tools interesting:

- [Personal Values Identification Workbook](#)
- [Powerful Pondering Questions Tool](#)
- [Troll Travels, Who am I? Self-Discovery Exercise](#)

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." Denis Waitley

You may also like these articles:

- [Solitude: 9 Powerful Reasons to Spend Time With You!](#)
- [Use Affirmative Writing To Get Clients Unstuck And Connected To Their Goals](#)
- [How to Identify a Client's Values - A 3 Step Process for this Essential Coaching Tool!](#)

Thank-you! And if you have any ideas, suggestions, great questions to add or comments - we'd love to hear from you.

Warmly,

© 2016 Simplicity Life Coaching Ltd.

About the author: Emma-Louise Elsey is the CEO of Simplicity Life Coaching Ltd. (The Coaching Tools Company.com is a division of Simplicity Life Coaching Ltd.) She is a certified Life Coach, NLP practitioner and recovering perfectionist who loves questions, quotes, creating coaching tools and writing. Since qualifying as a coach in 2004 she has worked with many successful professionals and business owners.

For inspiration and to help you with your businesses, there are many more **Free Coaching Tools & Templates** at **The Coaching Tools Company.com** including coaching questions, coaching exercises, business admin templates for new coaches and forms to help with your workshops.

