

VIEW

HONORÉE SYSTEM

A *Las Vegas Life* writer clears out the clutter with the help of an executive coach. **BY GRACE BASCOS**

Let me start by saying this: I hate being told what to do. Yet I was at an impasse in my career, working as an editorial assistant at *Las Vegas Life* but wanting to write more. Problem was, I could never find the time, and I wasn't sure why. So when my former editor suggested I meet with Honorée Corpron, a "personal transformation expert" and executive coach based in Las Vegas, I was skeptical. Would I deal well with someone telling me how to "maximize my potential"?

I knew I was taking a life-changing turn during lunch. Honorée made me say, out loud, to the diners at P.F. Chang's, "I am a writer." It's amazing what saying things out loud will do for you; it reaffirms what you already know inside, yet brings it into a plane of reality. You know how they say you can't unring a bell? I figured, I have to follow through now — don't want to disappoint the customers at P.F. Chang's.

Honorée also gave me a copy of her book, *Tall Order!*, but didn't pressure me to read it. Feeling like everything was still up to me, I chose to read it — to get a feel for her coaching style. What I learned was that my growth wouldn't necessarily be about me making drastic changes, or creating lofty goals that I had to use *The Secret* to get to, but about implementing systems and processes that would help achieve these goals. So with an open mind, and feeling comfortable that she wouldn't be "telling" me what to do, I dove in. The next few weeks' revelations included:

1. Envision Your Goal. All kidding aside, stating my goal out loud really did help. The subconscious mind apparently realizes that you're working towards something, then works on your behalf to make it happen, revealing new thoughts, spotting potential opportunities to reach your goal. It all sounds rather trite, sort of a psychological explanation of "the power of positive thinking." Yet within a few days, I'm discovering new topics I want to write about, and realizing that I've been passionate about them all along. I'm honing my desire to write into something specific and concrete. I decide I want to be a food writer.

2. Structure Will Set You Free. According to Honorée, I need to manage my time more effectively. But she takes it one step further — she encourages me to *create* my own time. I'm soon scheduling myself to the minute like a CEO. Suddenly my computer's calendar is filled by the hour — an hour here to check facts, an hour there to do invoices. I can break up the monotony of my day while still managing to get everything done. Twice a day I review my calendar to see if I have finished any projects ahead of schedule so as to quickly fill that time getting other work out of the way. If those duties are done, I can fill those open blocks with other goals I want to accomplish, in my case, researching and writing about food trends and personalities.

Two weeks in, I find myself more organized, focused and driven.



My productivity is up, I'm taking on new responsibilities, I'm ahead of schedule on just about everything. My desk is clean! My co-workers say there's a noticeable difference in my attitude and efficiency.

3. Do It Beyond ... But it's not just about using my time better. Once I have that down, I realize I have to grow in my position. Through Honorée, I learn it's my own responsibility to shift my goals. If I know what I want, I have to be the one to put myself there. There is no reason I can't be writing more, and all that's left is to get out there and make it happen.

I had been content with being an editorial assistant, but with my newfound free time, I can now jump on writing assignments I previously would have never had the time for. It was time to "Act as if ...," to quote *Boiler Room*. Quickly getting my daily duties out of the way, I start nominating myself to write more. I cover events so that I have material stored away to write about. I'm using these platforms to network with those I may want to write about later. I'm going beyond being an editorial assistant. I'm acting as if I'm a writer.

Now, I'm not saying that this was all a cakewalk. There were plenty of struggles and moments of self-doubt, but that's where Honorée helped the most, giving me no-nonsense, objective advice and cheering me on whenever I needed it. Four months later, sure, I'm working harder, but I'm also working smarter. I don't mind being told what to do so much. Mostly because now the stuff I'm being told to do, I *want* to do.

For more information or to contact Honorée Corpron, call 353-5100 or visit corpron.com.