



**TIM PRESTON &  
JONATHAN THOMAS**

# **CORESELF POSITIONING**

**TO GET ON THE SAME PAGE, LITERALLY**

**8 Steps That Refine Our Current Position  
and Identify Our Best Action Plan**

**WORKSHOP  
INCLUDED**

complete your  
CoreSelf Map in  
60 minutes



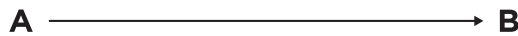
**SNEAK  
PEEK**

## YOUR Story Is What Makes This Work

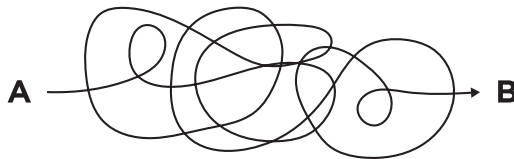
When we were very young, we communicated through gestures and pictures before we learned language. We were curious to experience all that life had to offer. Along the way, at times, we **feel confused and stuck**. On the outside everything may look fine, but internally we may struggle to find certainty at the center our being.

As adults, we are drawn to others who encounter and navigate through life situations similar to our own.

In very good times our stories can, amazingly, look and work like this:



Stories are how we create meaning and connection. All human stories eventually include many levels of emotional energy, many types of relationships and many complex situations. In difficult times, our stories can look and feel like this:



At those times, we would all be comforted if our stories could even look more like this:



Even though changing one's ways of problem-solving is not easy, a tool explained in this book called *The CoreSelf Framework™* simplifies the pathway.

Learning to activate a part of you called the Internal Observer/Navigator allows this to happen.

This book provides you with an eight-step *CoreSelf Mapping Worksheet* that demonstrates how the process works. We provide you an easy-to-use tool first, then help you add facts from your own story to explore and navigate best next steps or questions.

- Q: Why would we provide a tool first and explain it later?**

**A: Using the tool quickly demonstrates its value. You are able to get important feedback about challenging real-life situations by spending time now. “Getting on the Same Page with oneself” is an important first step that makes this experience work.**

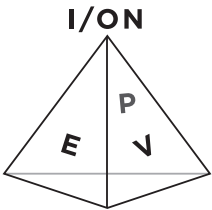
It turns out that our approach was right. And wrong.

We were right to simply share something that we know works without prior explanation. We know that your story will have the most impact and value for you.

However, we were wrong not to share more stories that you are likely to identify with, stories that others also can relate to and that will pique your interest. When we are ready to grow, get unstuck, or improve relationships that matter most to us—we crave more stories that illustrate how humans connect most effectively.

**Tripods, Pyramids, and Our Minds**

Surveying is said to be one of the oldest professions in the world with roots that trace back to ancient times, with a recorded land register in Egypt in 3000BC that included construction of the Great Pyramid of Giza.



Traditional surveyors utilized some basic tools (tripod, compass, plum-bob, theodolite) to examine and record maps and descriptions of uncharted territories with uneven terrain that often contained obstacles.

The American Congress for Surveying and Mapping's definition is:

**“Surveying is the science and art of making all essential measurements to determine the relative position of points or physical and cultural details above, on, or beneath the surface of the earth, and to depict them in a usable form, or to establish the position of points or details.”**

*The metaphor of a surveyor can be useful to describe how our minds work.* The mindset of a surveyor can offer helpful hints on how to observe uncharted terrain and record challenges in our daily lives; how to steady ourselves in unbalanced situations, using tools to center ourselves in apprehensive times, embracing guiding principles (e.g., location of point by measurement from two points of reference), or figuring out how to traverse unnavigable obstacles. A survey represents a process of collecting, analyzing, and interpreting data to develop insights. Effective surveys often involve multiple forms of data collection and are considered more in-depth than questionnaires.

When we use a surveyor's tools to study a huge pyramid, we can determine the measurements of a triangle at its base and the three triangular sides that converge at its apex. The base represents our *whole* self, each side represents a different *part* of our CoreSelf, and the apex is our unique *Internal Observer/Navigator™ (I/ON)* that centers our emotional energy (**E**), important values (**V**), and thoughtful plans (**P**).

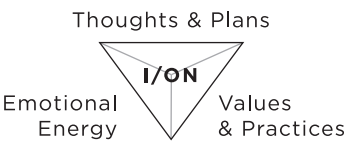
When we are able to balance each side of this pyramid, each triangle will be equal in size (or surface area); if we were to hang a plum-bob from the apex, it would hang over the direct center of the bottom triangle, representing our balanced and centered self.

Without the right tools or mindset, it is easy to feel overwhelmed or stuck in the kaleidoscope of life. Each situation can represent a separate

lens, each vying for the light source to project its particular image. Each turn of the tube changes our view of these situations, including their size and color.

Returning to our original metaphor, the three sides (facets) of our CoreSelf pyramid include:

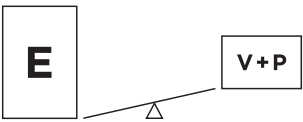
- 1. Emotional Energy and Sensations (**E**)
- 2. Values and Practices (**V**)
- 3. Thoughts and Plans (**P**)



It is common in times of stress or feeling overwhelmed to focus all of our attention on the (E) side of, “How I am feeling.” Significant events (e.g., work, health, divorce, death) can deplete our spirit and leave us asking, “What will I do now?” or “Why me?”

The size of our Emotional Energy and Sensations (E) facet can seem so large that it completely unbalances the other two facets of our pyramid. It can feel impossible to remember what values (V) are important to us, never mind considering practices that center us. Our thoughts and plans (P) can become impulsive or completely ignored. Stress changes our Focus. Focus redirects our Attention. Attention drives our Experience.

Stress changes our Focus.  
Focus redirects our Attention.  
Attention drives our Experience.



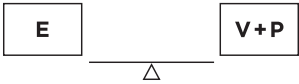
The CoreSelf Framework represents a simple, accessible tool that can help us observe and succinctly record our emotional energy, step back and remind ourselves of what values are most important to us, then navigate to a safer place and space where we can find balance. *“How can a book, a framework, a pyramid help me get unstuck?”*

We each have a unique Internal Observer/Navigator that sits at the top of our pyramid of self that can observe each side separately and collectively. This part of you knows your entire history; it knows what you are capable of; it knows what you will and will not do; it has your best interests at

heart; it is a part of you that wants to help and is available any time you want to talk (24/7). It works the way your brain does at its best!

**Start, Stop, Continue**

We will share a way to stop over-focusing on the Emotional stress of challenging situations, start balancing Values and practices, and continue working to determine viable Best Next Steps (Plans).



**Tell me a story of how you know CoreSelf Mapping works.**

Stories are how we communicate meaning, emotion, and energy. The CoreSelf stories we can share are countless. They come from the young and old, children and parents, relationships and partnerships, personal and professional. Here are some personal examples:

I met Jonathan as a result of a relationship in crisis. Jonathan was my partner’s consultant and I agreed to meet with him. Professionally I was in a good place and owned a growing business; personally, I was divorced, had two young teenagers, and had not worked through growing up too fast in a poor, divorced, troubled, alcoholic family. While I have never spent time with a therapist, both of my children spent time with a child psychologist following my divorce.

Jonathan started out asking about my family and sketching a small family tree (being in sales, I could read what he was writing upside down); I thought, “Here we go, he’s going to blame my family for all my faults.” But this never happened!

Next he said, ***“Everything I am going to teach you is simple and not easy.”*** We finished with him sharing a graphic illustration of how each of us were acting and reacting to each other’s actions and reactions. His visual explanation provided insight and understanding. The personal relationship did not remedy itself; however, I came to believe that there is a tremendous opportunity for others to learn to practice his CoreSelf

approach to mapping and navigating our most important relationships.

Nine years later (after selling my company in 2016) I reached out to Jonathan; you are holding in your hands one of the many results of our years of working together.

Serendipitously, working with Jonathan and understanding this material has allowed me to “do the work.” It has made me a better human being. I had spent the majority of my younger years efficiently “compartmentalizing” stressful situations and was determined to “overcome the influences of my childhood.” I conveniently found no time to express my emotions or let anyone pierce my armor. My three younger sisters can attest to my ardent desire to overcome the embarrassment of growing up on welfare in a dysfunctional family. Constantly chiding them, “Having a pity party? No one cares and the world expects nothing of you.” I was hard, driven, and not going to let any of us use excuses or buckle under the pressure.

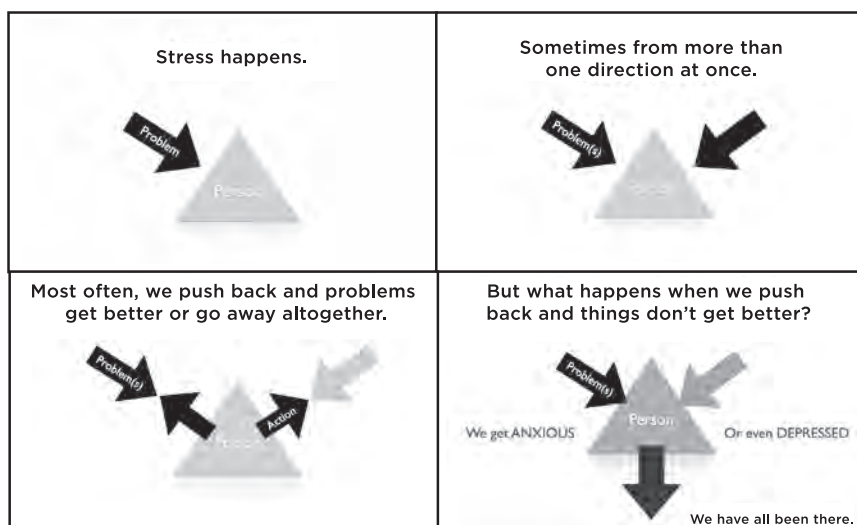
Even having spent a lifetime focusing on overcoming my past, I still find this difficult to write. While I did not like the way I grew up, it prepared me well. My sisters and I broke the proverbial mold and statistical barriers. I hope this is enough about my story (phew).

Jonathan has ten times my experience with the CoreSelf Framework; he invented it and our work with others has made it even more accessible. He has used this material personally to get through countless physical challenges and surgeries. His early work with parents and children is fascinating and spans decades. His curiosity and ability to observe and help children work through their dysfunctional families is a gift. Step 2 of 8 (more about this later) encompasses ten years of this gift.

The following slide is an excerpt from our CoreSelf *Connections*<sup>11</sup> deck:

**Most of the time we are fine ... until we're not.**

*CoreSelf Mapping* can be a useful tool for getting centered anytime, but it is often most helpful when we are under stress. Here's why:



When we become stressed or overwhelmed, we often lose the ability to think clearly or take effective action. It becomes difficult to remember what is important to us. We are driven by our feelings, or cling blindly to beliefs and hope that things will get better. But this isn't the only option.

## The Circle—and Vicissitudes—of Life

All of us have been a child and some of us have children. Each of us has an inner child that shapes us and we all have others watching us navigate the vicissitudes of life. How we play the cards we are dealt has significant impact on those watching us—especially those silently observing us.

We will share the magic of the CoreSelf experience and power of asking Real Questions. One of Jonathan's stories represents the epitome of a *Real Question*:

Two parents are completing a CoreSelf *Map* together and the Situation revolves around their child, who has been psychiatrically hospitalized for an extended period and is returning home. It remains unclear if this difficult transition will change their course for the better or leave all parties in grief. As both are completing their long-hand portion of the CoreSelf Map, the mother writes her Real Question,



## **“How do I raise the child I have, instead of the child I wanted?”**

*Getting on the Same Page* with oneself or others is not always about a challenging crisis or unresolved childhood experiences. Sometimes it is about growth or weighing our options in a structured way. It is about slowing down and realizing that the best course of action is to avoid making an impulsive decision. There are times that being true to our unique values represents a better approach than yielding to the expectations of others.

We have worked with partners who have been faced with a difficult decision to proceed with or pass on an opportunity; some of these choices appeared opportunistic and others have felt obligational. Slowing down to complete a CoreSelf Map provided alternate perspectives and best next steps, which are options that did not occur in the heat of the moment. Some of the best decisions we make are the ones we choose not to make. Deciding to not pursue an obvious path can be difficult, but it can make all the difference in the future.

Our roles and responsibilities—leader, manager, parent—can paint an external picture of success and of having our life in order, even when our internal picture is blurred and in disarray. No one else may see the conflict or tension; however, we feel it pulling at our core. Without aligning our internal self, this tension can negatively impact both our physical and mental health.

### **Common Narratives and Difficult Courses of Action**

We utilize three different narratives (starting on page 22): a young college student faced with a difficult family tragedy and perceived obligation to halt all studies to return home to remedy the situation; a troubled couple with children who have grown apart and unsure what the best course of action is for their family or marriage; and a profitable, midsize business that has grown rapidly to benefit its shareholders but finds its dispersed organization misaligned and not on the same page.

Each of the above narratives contains tremendous emotional energy that include: heightened emotions, tension, apprehension, confusion, and

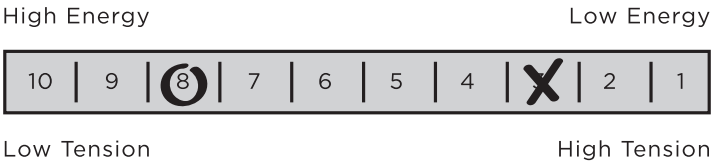
multiple perspectives. Effective discussion and resolution of any of them could easily result in a stalemate or silence, when different parties may feel unheard or overrun by an overbearing individual.

We will share with you how two Real Questions answered on a scale of 1-10 can contain all of the emotional energy of a difficult situation without stifling ongoing communication:

**Q:** “Where Am I?” (Mark with an **X**)

**Q:** “Where Do I Want To Be?” (**O**)

Exploring each of these unique situations and graphically answering the above questions, *might* look like this (granted, each individual *will* answer differently):



Once each party has answered the above questions, we will show you how to answer:

**Q:** “How Do I/We Get There?”

This book provides tools for Getting on the Same Page with oneself first, then building on that understanding with others. This framework allows you to “do the work” behind the scenes while watching internal and external forces align. If you already have a coach or therapist, this material will add pertinent color to future sessions— color in the form of insights, strategies, and questions that can be unpacked.

## **Keeping Time and Score Works in Sports, Never in Relationships**

We live in a fast-paced world filled with obligations and expectations—a world that professionally tends to keep score and time. While we all have the same amount of time, there never seems to be enough time to get everything done.

*Tension changes our Focus.*

*Focus redirects our Attention.*

*Attention drives our Experience.*

This book is about creating great relationships with people who matter most (including yourself ). It is about slowing down to go faster. Keeping score and time will never work in great relationships. Let us share with you a simple, accessible CoreSelf Framework that you can use immediately by yourself, then with others. Give yourself permission to try it first; then allow us to share with you why it worked!

The framework and approach of this material is about asking Real Questions, observing and simplifying (seemingly) complex situations, counterbalancing heightened emotions to channel valued energy into a positive force that can help us navigate to a better (sometimes safer) place. It is about getting on the same page with ourselves and others in a positive way. It is about accessible constructs delivered in a repeatable format.

Just Map It.

***Jonathan and Tim***

**PS Sequence of Getting on the Same Page**

Other people’s stories often focus on emotional energy pertaining to (urgent) situations and sharing the intention of “How bad they are feeling” (where they are).

If we want to get on the same page with another, we must *first* slow down to take inventory of our own emotional energy, long-term values, and possible actions.

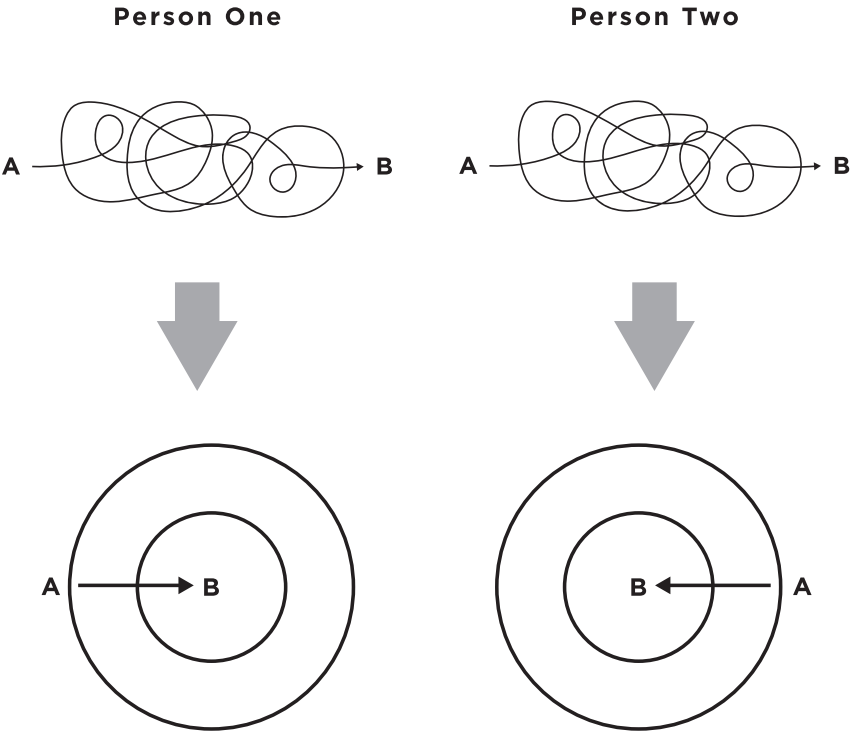
Once we have clarified our own position, the process of getting on the same page with others becomes simpler and more straightforward. Practicing this new CoreSelf skill brings significant benefit to our most important relationships.

**Importance of Getting on the Same Page with oneself, before adding others**

We often hear, “We need to Get on the Same Page.” It is often phrased as a directive:



Often the person speaking (left) wants to resolve a complex situation and may be combining multiple situations at the same time while the person receiving (right) is perceiving different complexities and also combining multiple situations (below):



Taking the time to understand our individual positions—using the same process— regarding a *single, specific situation*, and centering ourselves, might look like this.

It is possible for both parties to describe and then share their individual position and then collaborate to create a common position/direction—and get on the same page!



Changing “We *need* to Get on the Same Page” to “We *want* to Get on the Same Page” allows space to have a collaborative and safe conversation.

*If we just keep going over and over  
the story in our mind,  
we don't get anywhere.*

*Taking time to understand  
Where we are and  
Where we want to be,  
helps us all get there.*