

## Learnings “TWOSday” Walt’s Word: Arithmodigmaphilia 22-2-22

Hello my friends,

Today is TWOSday. It is the 22<sup>nd</sup> day of the 2<sup>nd</sup> month of the 22<sup>nd</sup> year of this century. If you put the day first—as we do in Scotland— then it reads 22-2-22. If you add the zeros, you get 22022022, which is both a palindrome and (when you use the square digital numbers) an ambigram, reading the same in either direction and upside down. It also works when I put the year first—to track my files by year, month, and day.

Even if you put the month first, as you do in some other parts of the world, it still reads 2-22-22.

Only a few people notice such number patterns—and 22 years ago when I sent a message on 01-01-01, I invented a word to describe this fascination, using three Greek words for number, for pattern, and for love: **arithmodigmaphilia**.

As a true arithmodigmaphile, I’ve already set an alarm for just before 10:20 tonight, to be ready for the single second when it will be 22:22:22 on 22-2-22.

When I saw the possibilities of today’s date, I decided to share some learnings from my latest project. I’m revising **A Goal Is A Dream Taken Seriously: The Castle Process for Designing Your Life and Career** into the **44<sup>th</sup> Anniversary edition**. The revised wall poster has been ready for more than two years—as you can see in miniature here—

A Goal Is A Dream Taken Seriously



The Castle Process for Designing your Life and Career  
40TH ANNIVERSARY EDITION BY WALT HOPKINS AT WWW.WALTHOPKINS.COM  
Graphic art by Jim Deane • Published by Life Publishing at www.life-publishing.com • © 2001, 2002, 1986, 1982, 1980 Walter Foster/Hopkins

and I’m getting ever closer to finishing the expanded **Castle Guide**, so we can launch this fall. That means it’s a good time to share some of my answers to the question: *Walt, does this Life and Career Designing process really work?*

The simple answer is **Yes**. And I'm offering you several stories to confirm that. However, I begin with a cautionary story that sounds like one of the old lightbulb jokes. In this case the question is:

*How many life coaches does it take to change a lightbulb?*

And the answer is: *One—more or less—but the lightbulb really has to want to change.*

As a coach my task is to inspire you and to encourage you to do the difficult—and delightful—work of answering questions and making decisions. And your task is to really want to change—and to inspire yourself and encourage yourself to do more than you thought you could and go further than you at first imagined.

TWOSday is the day of **twos as number patterns** and the day of **twos as people** who are coaching each other and learning together.

As a kid, I thought the coach was the one who helped a team to win a game. It took me a while to notice that a coach sometimes worked with just one person.

When coaching is going well, then it is the two of us talking **with** each other rather than just one of us talking **to** the other. Coaching is twos not to's.

I've spent much of my life working with groups, and most of that work is a combination of presenting possibilities to a group while also working with one person at a time as they experiment with new behaviours.

Those of us who do this kind of work sometimes speak of it as alternating between being the **sage on the stage** and the **guide on the side**.

I learn both from coaching and from being coached. I grew up with family and friends coaching me—although we didn't call it that—and I began a lifetime of sharing what I am learning.

My mother coached me in how to run a meeting. I still focus on starting—and finishing—on time.

My father coached me in how to run a business—charging enough from some clients so I can afford to work at no charge with others.

And now we have the stories—some from recent weeks and some from many years ago—when people decided they really did want to change and so they invested time and energy in designing their lives and their careers.