

Session 10

Name: _____

Coach: _____

Date: _____

Time Started: _____

Time Finished: _____

Invoice Rendered: _____

Payment Received: _____

Receipt Given: _____

Session Contents:

- What's on your mind?
- How are you doing with your Goal?
- Writing Action Steps.
- What have you learnt?

“Some men see things as they are, and say why? I dream of things that never were, and say, Why Not?”

- George Bernard Shaw

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Check-In

Have your Action Steps been completed from the previous session?

Have you been able to apply any learnings from the session on Responsibility?

Did you write about your Perfect Day?

Is there anything specific you would like to talk about today?

What breakthroughs did you have this week?

Milestones

Where do you feel you are in relation to your milestones? Scoring 10 means you are on track. Scoring 1 means you are not even close.

1
10

“There can be no transforming of darkness into light and of apathy into movement without emotions.”

- Carl Jung

Questions

Thinking is nothing more than the process of asking and answering questions.
So to change your thinking,
simply change the questions you ask.

OK, now get yourself into a *depressed* state.

Remember, that to get an answer you must first ask a question. So if you find yourself saying things like *"I can't do anything, I'm such a failure"*, think about what the relevant question is that you are asking of yourself (e.g. *"How come I always mess this up?"*)

Now, what sort of things enter your head in this depressed state?

1.

2.

3.

4.

5.

How can you learn from this?

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Questions continued

Okay, now shake off that depressed state... and get yourself into a great or peak state!

Now, in this peak state, what sort of questions are you asking yourself?

1. _____
2. _____
3. _____
4. _____
5. _____

How can you learn from this exercise?

“If you are to be a seeker of truth then it is necessary at one point in your life to doubt all things.”
- Descartes

What have I learnt today?

If we learn from a situation then we can never fail



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Coach's Page

What did your client learn? _____

What went well? _____

What could you do better next time? _____

What did you learn about your client? _____

How can you use that to help him/her? _____

What did you learn about you? _____

What does your client need to help him/her grow? _____

“Your Questions indicate the depth of your belief. Look at the depth of your questions.”

- Lyn St. Clair Thomas

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