

Session 11

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?
- Milestones Check-In.
- Long Term Goals.
- Writing Action Steps.
- What have you learnt?

"You are never given a dream without also being given the power to make it true."
- Richard Bach

Check-In

Have your Action Steps been completed from the previous session?

How did you go with writing your Thank You letter(s)?

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 on the track!

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10



“Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.”

- William Shakespeare

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New Insights Life Coaching Programme – Africa Version 3

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Long-Term Goal Setting

Answer this question:

“If I knew I could not fail and I could be and have anything in my life that I wanted, who would I be and what would I have?”

You have just five minutes for each section. Do not stop writing. (If you don't know what to write, just write: “I don't know what to write!”)

Go for it!!

Questions to stimulate you whilst writing:

Health Goals

- What would you really love to achieve physically?
- How would you love your body to look, weigh or feel?
- Would you run the Comrades marathon?
- Would you hire a chef to cook you great organic food?
- What would you do more of?
- What would you do less of?
- Would you go to India to learn Yoga?
- Would you climb mountains in the Andes?
- Would you cycle through the South of France?
- Would you go to a famous retreat?
- Would you become a vegetarian?
- Would you participate in a famous sporting event?

Business / Vocation Goals

- Who would you really love to work for or with?
- If you knew you could do it, would you start a new career?
- Would you start your own company?
- Would you float a company on the stock exchange?
- Would you like to have clients? If so, what kind?
- Do you want to retire at a particular age?
- Where would you work? Maybe Cape Town, London, Paris or New York?
- How much do you want to work, if at all?
- Would you love to work in a team or alone?
- Is there anything you'd love to teach others about?
- What kind of working environment would be perfect for you? Maybe outdoors, or a high-rise building with an amazing view?

Long-Term Goal Setting continued

Partner Goals

- What would your ideal partner be like?
- Is being married, or living with a partner, best for you?
- How much time would you love to spend with your partner?
- How much time would you love to spend alone?
- Who would you be with?
- What would you love to do together? Maybe dancing, or travelling?
- How often would you be intimate together?
- Would you have children?
- How would you love to feel on a day-by-day basis?
- What emotions would you have more of?
- What emotions would you have less of?
- What are some of the emotions you will need to help you be all that you can be?
- What will these emotions let you do?
- Who is the partner you will be?

Personal Development Goals

- If you had no fear what would you do?
- What would you like to understand about yourself?
- What new skills would you like to learn?
- Who do you want to become in the next five or ten years?
- What fears do you want to overcome?
- What would you like to learn about and how?
- What courses/seminars do you want to do in the next one to five years?
- Who do you want in your circle of friends?
- Who would you study with?
- Would you speak in front of others – if so, how many?
- What areas of your personality would you like to develop?

Money/Finance Goals

- How much would you like to earn in the next year, 5 years, 10 years?
- How much passive income would make you financially independent?
- What would you love to know about finance/stocks/property investing?
- How much money do you want for your retirement?
- How much do you want to spend each week, when retired?
- What investments would you like to have?
- How much money would you leave to your kids?
- How much money do you want saved each year for holidays and travel?
- How much money do you want saved for your children's education?
- How much do you want to spend on adventure and lifestyle each year?
- What would you want your net worth to be?
- What property would you like to own and where?

Long-Term Goal Setting continued

Adventure / Lifestyle Goals

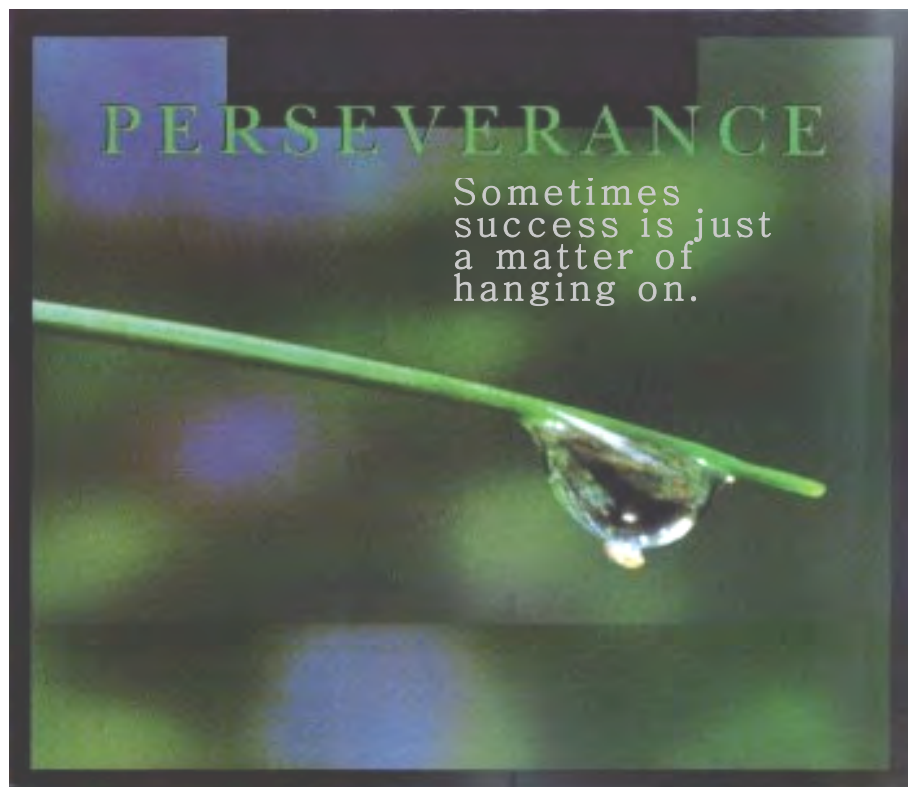
- If money was no object, what would be some of the things you would love to own? Maybe a perfect car, a magic holiday, designer clothes, a yacht?
- What would constitute the most amazing holidays or adventures for you?
- Would you:
 - like to buy, race, or even just fly in a helicopter?
 - buy a piece of art from a famous artist?
 - go on safari around Africa?
 - abseil down a waterfall in South America?
 - buy a Lamborghini?
 - travel to Antarctica?
 - be at the finals of Wimbledon or World Cup Soccer/Rugby?
 - fly in a fighter jet?
 - drive around Beverley Hills in a Limousine?
 - own/build a castle?
 - buy a sporting team?
 - like to carry the Olympic torch?
- Where would you travel to? Maybe The Seychelles, Hawaii, Rio, Russia... anywhere and anything that is fun and perfect for you.

Contribution Goals

- What would be some awesome things you would like to be remembered for contributing to society or the environment?
- How will you contribute?
- How many times per year could you contribute?
- What could you create?
- Would you:
 - build a university?
 - visit the homeless?
 - protest against global warming?
 - clean up the ocean or work to stop logging?
 - help AIDS victims?
 - work to protect animal rights?
 - design a system to feed the hungry?
 - foster needy children?

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? _____

“If you could only love enough, you would be the most powerful person on Earth.”

- Emmett Fox