

Session 12

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 Goals?
- Your Life Purpose.
- Writing Action Steps.
- What have you learnt?

“The purpose of life is a life of purpose.”

- Robert Byrne

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New Insights Life Coaching Programme – Africa Version 3

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Check-In

- Have your Action Steps been completed from the previous session?
- Did you type up all your new Goals?
- Did you choose your top three from each section?
- Have you decided on your overall top three Goals for next year?
- For each of these goals, did you write a paragraph about why you must achieve it?
- 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.

Goal 1	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
Goal 2	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
Goal 3	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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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Purpose

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be.

- Patanjali

- Your Purpose is your heart and soul's guiding direction for life.
- Your goals are the necessary stepping-stones to help you fulfill your true Purpose.
- When you concentrate and focus fully on your Purpose, you develop a crystal clear picture of success.
- A definite Purpose is one of the clearest and brightest roads to great health.

Example of a Purpose Statement

I, Neil Asher, hereby declare, before myself and others, that my Life Purpose is:

To be...

- ❖ A master of the philosophies and science of human peak performance.
- ❖ A builder of successful companies.
- ❖ A person that inspires and educates others in business and peak performance.

By...

- ❖ Intensely studying the laws of business, psychology and success.
- ❖ Creating business based on organic growth and the laws of nature.
- ❖ Creating schools of psychology and peak performance that are acknowledged as the world's best.
- ❖ Empowering others to lead, to grow and to live inspired lives.
- ❖ Being a role model for the possibilities of mankind.

So that I may have...

- ❖ An inspired life.
- ❖ Social recognition.
- ❖ The life of a leader and teacher.
- ❖ Handsome reward for creating a positive impact on the world.

Signed: *Neil Asher*

Your 'Loving Breath'

1. Sit comfortably in your chair, feet firmly on the ground.
2. Exhale deeply through your nose, contracting your stomach completely.
3. Inhale slowly through your abdomen, then your chest and then raise your shoulders up towards your ears.
4. Hold for a count of five, if comfortable.
5. Exhale in the reverse pattern, slowly dropping your shoulders, relaxing your chest, contracting your abdomen.
6. Repeat this process, without lifting and dropping shoulders this time. Make your breathing in and out slow and rhythmic. After ten cycles of breathing, relax and breathe deeply - then answer the following questions with total honesty:
 - ❖ What do you love in life?
 - ❖ What do you value in life?
 - ❖ What makes your life enjoyable?
 - ❖ What are you truly passionate about?
 - ❖ What are you committed to?
 - ❖ What would you like to be remembered for?
 - ❖ What message of love would you leave to the world?
 - ❖ What creates true joy in your life?
 - ❖ What makes you proud?
 - ❖ What are you truly thankful for?
 - ❖ What makes you cry with happiness?
 - ❖ What makes you laugh?
7. Now, in this inspired state, hold your head high, look to the sky and ask your soul for inspiration in discovering your true Life Purpose.
8. Write down the answer as it comes to you and then complete the following declaration:

My Primary Life Purpose

I,

hereby declare, before myself and others, that my Life Purpose is:

To be...

By doing...

So that I may have...

Signed:

My Action Steps

What actions need to be completed between now and the next session to move me closer to my original Goals?

Goal 1

Goal 2

Goal 3

What are some of the things that might prevent me from doing my Action Steps?

How can I deal with these things in advance?

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? _____

"Every calling is great when greatly pursued."

- Oliver Wendell Holmes, Jr.