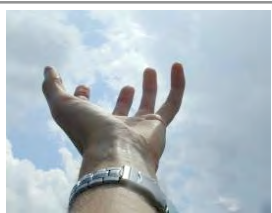


Milestones

"Think excitement, talk excitement, act out excitement, and you are bound to become an excited person. Life will take on a new zest, deeper interest and greater meaning."

- Norman Vincent Peale



A Note From Your Coach

As you know from your coaching - resources, milestones and a definite set of actions will take you closer to achieving your Goal. Also, knowing the Model of Change helps you better understand the journey you are taking, and the natural ebb and flow of change. I know these tools will assist you in this process.

Once we plan our lives so that we may get all that we desire, life becomes much more fun! In addition to the action steps that you have set, the following activities will really help you:

- Read your Goal every day. Smile and feel good knowing that you are growing as a person every day.
- Complete your Action Steps.
- Keep going with your Success Journal.
- Read and answer your Power Questions each morning.
- Think about who you need to become to achieve your new Goal. What traits/skills etc. do you need to develop?
- What are the consequences of you achieving your Goal?

That's all for now.

I can't wait to see you next session, until then ...

LIVE YOUR DREAMS!

Your Coach

“For the things we have to learn before we can do them, we learn by doing them.”

- Aristotle

My Action Steps

What actions need to be completed between now and the next session to get me achieving my Goal?

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?

SESSION 15 – CLIENT COPY

My Power Questions

With thanks to Anthony Robbins

What am I happy about today?

What am I grateful for today?

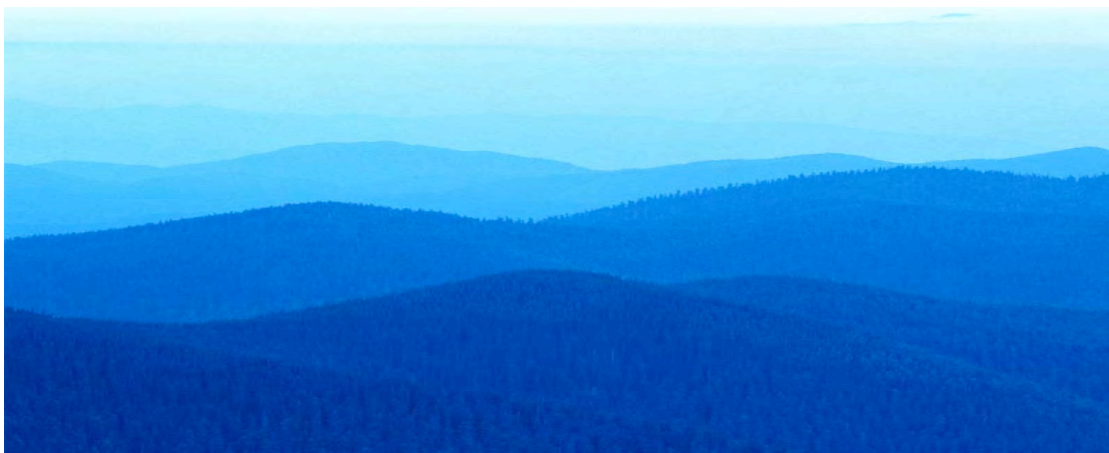
Who do I love?

Who loves me?

What can I do to make today fantastic?

*What can I do today that will make a
difference?*

*What can I acknowledge within myself
today?*



“Don't go through life, GROW through life”

- Eric Butterworth

SESSION 15 – CLIENT COPY

New Insights Life Coaching Programme – Africa Version 3

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My Action Steps Contract

I hereby contract with myself:

I,,
 take full and personal responsibility for doing whatever it takes to
 complete the action steps I have agree upon with my coach.

I formally agree to see this project through. I have listed the Action Steps
 that I believe are necessary for me to achieve my dreams and live the life
 I would love to live. I have planned ahead and at this time see no reason
 why I cannot complete my Action Steps. I hereby declare that I will
 complete my Action Steps by their allotted times. I also commit that, in the
 event that I do not complete my Action Steps, I will make a donation in the
 amount of to the charity of my choice and/or take the steps
 listed below.

I am living in the solution and being the person I need to be.

Signed

Witnessed

Dated

If I do not complete my action steps, I undertake to do the following:

.....

A Creed to Live By

- Nancy Simms

Don't undermine your worth by comparing yourself to others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless.

Don't let life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live all the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other.

Don't be afraid to encounter risks. It is by taking chances that we learn to be brave.

Don't shut love out of your life by saying it is impossible to find. The quickest way to receive love is to give love. The fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.

Don't dismiss your dreams. To be without dreams is to be without hope; to be without hope is to be without purpose.

Don't run through life so fast that you forget not only where you've been, but also where you are going. Life is not a race, but a journey to be savoured each step of the way.