

Communication and Projection

“Wisdom is not wisdom when it is derived from books alone.”

- Horace



A Note From Your Coach

Model of Change!

We all have dreams... we all want to believe, deep down in our souls, that we can change and be all that we can be - that we can make a difference to our life and that of others. Yet, many people who set out on the path to change, don't make it...

Why is that?

I have decided to make this idea - and the principles of success - my work and I have come to realize that humans function at their best when they have a road map - goals if you like - and an understanding of the change process, so that they plan for it and then adapt and change as they grow and take steps along the path to success. It is my goal that this session will show you the path to lasting change and ultimate happiness.

- Read your Goal every day. Get 'in state' when you do it. Expect the best!
- Complete your Action Steps.
- Practise at least one of the techniques, that you have learnt over the last eight sessions, with a friend.
- Become aware of your communication with others. Remember, what you see in others is really in you!
- Re-assess the work that you have done in coaching. You've come along way.
- Try doing another Act of Kindness for someone.

Our next session is one I really enjoy and which has a great personal impact on many people. You are going to learn how to realise your true power to change anything you want and to bring positive things into your life. You are going to learn the awesome power of taking responsibility!

Until then...

LIVE YOUR DREAMS!

Your Coach

"Each handicap is like a hurdle in a steeplechase and when you ride up to it, if you throw your heart over, the horse will go along to."

- Lawrence Baxby

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My Action Steps

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

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Projection

(Thinking about your own model of the world and believing it to be true for somebody else.)

Who have you projected your values, rules and beliefs onto? What did you project?

For example: Have you ever ridiculed or judged someone for being very health driven or success or money-focused?

Your partner?

Your parents?

Your friends?

Your work colleagues?

Your boss?

Your employees?

Your children?

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My Practice Session with a Friend

Checklist:

- Goal Setting**
- Resources**
- Milestones**
- Beliefs and how they are created**
- Values**
- Your Rules**
- The Six Human Needs**
- Change and how it happens**

- What's on my mind?
- Outline
- Let's do it!! (Encourage your friend!)
- What did I learn?

My Act of Kindness for this week...



“No person was ever honoured for what he received. Honour has been the reward for what he gave.”

- Calvin Coolidge

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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:

.....

If you think you can

- Unknown

*If you think you are beaten, you are;
If you think you dare not, you don't;
If you want to win but think you can't;
It's almost a cinch you won't.*

*If you think you'll lose you're lost;
For out of the world we find.
Success begins with a fellow's will;
It's all in a state of mind.*

*For many a race is lost;
Ere even a step is run.
A many a coward fails;
Ere even their work is begun.*

*Think big and your dreams will grow;
Think small and you'll fall behind;
Think that you can and you will;
It's all in the state of mind.*

*If you think you're outclassed you are;
You've got to think high to rise;
You've got to be sure of yourself before;
You can even win a prize.*

*Life's battles don't always go;
To the stronger and faster man,
But sooner or later the man who wins;
Is the person who thinks they can!*

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