

## Session 9

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?
- The power of Taking Responsibility.
- Writing Action Steps.
- What have you learnt?

***“You can't live a perfect day without doing something for someone who will never be able to repay you.”***

*- John Wooden*

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## Check-In

Have your Action Steps been completed from the previous session?

How did the coaching session with your friend go?

What Random Act of Kindness did you perform? How did it feel?

How would you spend your days if you won a good few millions?

Were you aware of how you Project during Communication?

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

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What breakthroughs did you have this week?

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## 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!

<b>Goal 1</b>	<b>1</b>	<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"/>	<b>10</b>
<b>Goal 2</b>	<b>1</b>	<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"/>	<b>10</b>
<b>Goal 3</b>	<b>1</b>	<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"/>	<b>10</b>

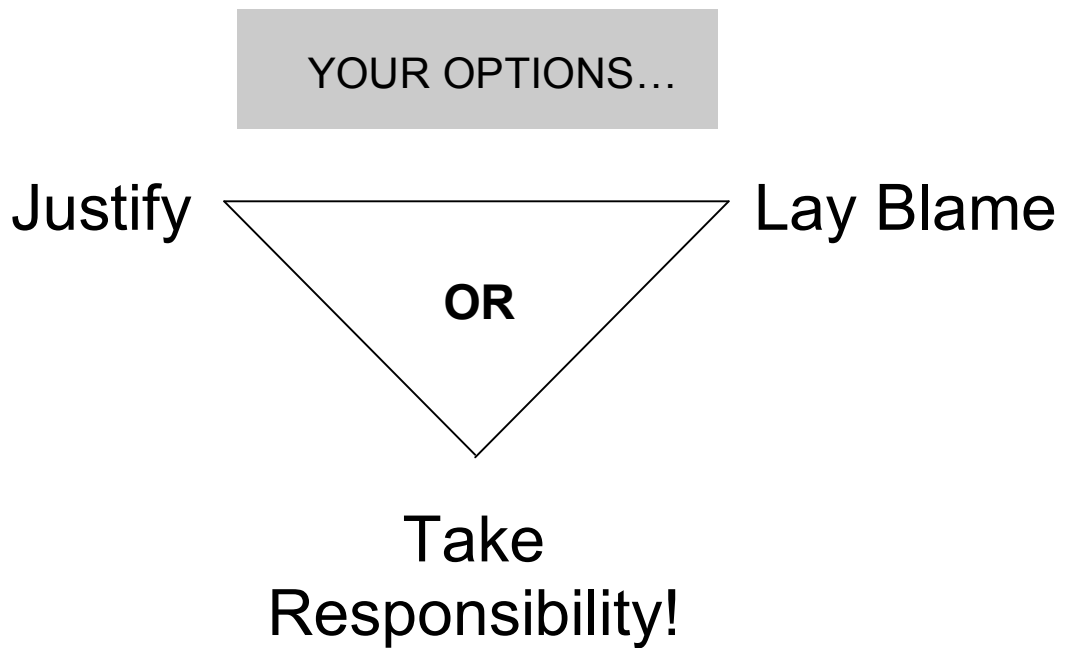
***“Every great and commanding moment in the annals of the world is the triumph of some enthusiasm.”***

*- Ralph Waldo Emerson*

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## How to take control of your life!



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## Justify

When you offer reasons (usually untruths) to yourself and others about why you haven't done something.

*For example: "I can't get a new job because I'm too old."  
"I can't find a good partner because I don't have enough spare time."*

In both these instances are you in control or out of control?  
Do you have power over your life or have you given it away to someone or something else?

## Lay Blame

When you willingly assign someone else the ability to impact your life in a significant way!!

*For example: "My partner always stops me doing the things I need to do."  
"It's my parents' fault that I'm not a more confident person."*

## Take Responsibility

When you take control, understanding that everything in your life happens as a result of action that you either have or have not taken.

Here's a great 'responsibility' phrase ...

**"If it's to be, it's up to me!"**

## My Action Steps

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

### Goal 1

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### Goal 2

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### Goal 3

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

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How can I deal with these things in advance?

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## What have I learnt today?

If we learn from a situation then we can never fail

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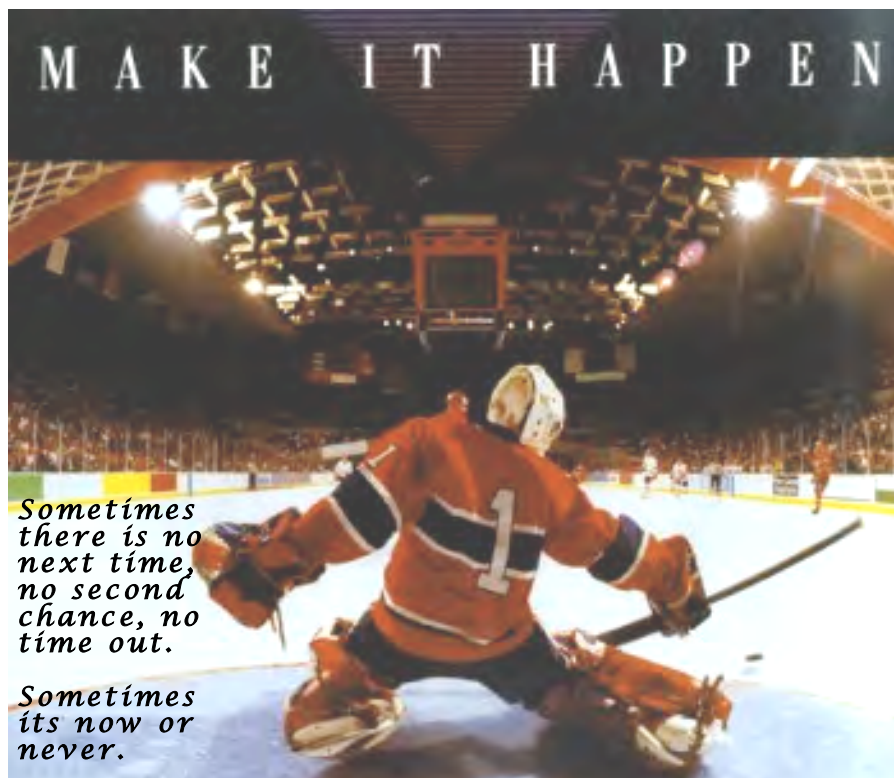
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## Coach's Page

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? \_\_\_\_\_

***“Without knowing the force of words, it is impossible to know men.”***

- Confucius