

## **EXPRESSING YOURSELF**

Client \_\_\_\_\_

Session date \_\_\_\_\_

**KEY CONCEPT this session: EXPRESSING YOURSELF**

### **I. OPENING AND GREETING**

Hello \_\_\_\_\_. This is \_\_\_\_\_, your Life Coach.

(short exchange) \_\_\_\_\_

\_\_\_\_\_

### **II. WEEKLY REVIEW**

Last week we talked about the **Key Concept** of \_\_\_\_\_, and your assignment was to \_\_\_\_\_.

How did you do? (Tell me about that.)

\_\_\_\_\_

\_\_\_\_\_

Overall last week, did you discover anything you'd like to improve, or anything you'd like to do better?

\_\_\_\_\_

Is there anything you'd like me to make a note of on that – anything you'd like to work on later?

\_\_\_\_\_

\_\_\_\_\_

Did you learn anything (this past week) that can help you reach any of your goals?

\_\_\_\_\_

What went best for you this past week – what stands out?

\_\_\_\_\_

What made you happiest?

\_\_\_\_\_

Did anything during the week make you unhappy?

---

What didn't go as well for you as you hoped it would?

---

How would you rate the week overall (1 – 10)? \_\_\_\_\_

### III. GOAL REVIEW

Now let's talk about your focus goals.

Your **first Focus Goal** for last week was \_\_\_\_\_.

You identified and wrote out \_\_\_\_ **Action Steps**. How did you do on each of the Action Steps?

**(Discussion)** \_\_\_\_\_

---

---

Your **second Focus Goal** for last week was \_\_\_\_\_.

For that goal you identified \_\_\_\_ **Action Steps**. How did you do on each of those?

**(Discussion)** \_\_\_\_\_

---

---

Your **third Focus Goal** was \_\_\_\_\_.

To help you reach that goal you identified \_\_\_\_ **Action Steps**. How did you do?

**(Discussion)** \_\_\_\_\_

---

---

Overall, during the week, did you have any **problems or challenges** that could affect your goals in any way?

---

What would you say were your main **achievements** that you accomplished during the past week?

---

Do you have any **insights** that you gained this past week?

---

#### **IV. WEEKLY GOAL PLAN (for the coming week)**

What is your **first Focus Goal** for this week?

---

(When appropriate, give suggestions for each of the focus goals.)

What are the **obstacles** to reaching that goal?

---

---

---

What **Action Steps** will you take to help you get past the obstacle(s), or move forward?

---

---

---

\*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response: \_\_\_\_\_

What is your **second Focus Goal** for this week?

---

What are the **obstacles** to reaching that goal?

---

---

---

What **Action Steps** will you take to help you get past the obstacle(s), or move forward?

---

---

---

\*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response: \_\_\_\_\_

What is your **third Focus Goal** for this week?

---

What are the **obstacles** to reaching that goal?

---

---

What **Action Steps** will you take to help you get past the obstacle(s), or move forward?

---

---

\*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response: \_\_\_\_\_

## **V. KEY CONCEPT for the Week – “EXPRESSING YOURSELF”**

(In life coaching, **Key Concepts** are the basic building blocks for personal growth and overall success. Some people use only a few key concepts; some people learn and practice all of them.)

The **Key Concept** I’d like you to practice this week is the concept of **expressing yourself**.

Here’s the definition we’ll use for **self-expression**: “**How you speak, write, or express your thoughts, ideas, or feelings to others, in any way.**”

First, we will review the perceptions of **self-expression** that you have right now. All you have to do is answer each of these questions:

1. Overall, how well do you feel you express yourself? a)Very well, b)Occasionally well, c)Not as well as you’d like \_\_\_\_\_ Why do you feel that way?

---

2. How important do think it is to be able to express yourself well in any situation? (Why?)

3. When, or in what situations, do you feel you express yourself most effectively?

---

4. When, or in what situations, do you feel you express yourself least effectively?

---

5. What one area of your self-expression skills would you like to improve? (Why?)

---

6. If you could do one thing, starting now, to be able to express yourself more successfully, what would it be? (Examples: vocabulary, speech training, choosing words more carefully, being more direct, etc.)

---

**VI. THIS WEEK:** To practice the concept of **self-expression** this week, I'd like you to consciously observe yourself, and how you express yourself, in every situation you encounter this week. In your Success Journal, write down those situations in which you expressed yourself most successfully, and those situations which you feel you did not express yourself successfully.

#### **VII. AFFIRMATION FRAME MP3's**

This week I'd like you to listen to: \_\_\_\_\_

---

#### **VIII. CLOSING**

On the same scale of 1 - 10, how do you choose to make this week work for you? \_\_\_\_\_

What will you do to make that happen?

---

---

You can do it! I believe in you, \_\_\_\_\_. I'll talk to you next week.