

OTHER'S OPINIONS

Client _____

Session date _____ **KEY CONCEPT this session: OTHER PEOPLE'S OPINIONS**

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 – “OTHER PEOPLE’S OPINIONS”

(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 **other people’s opinions**.

Here’s the definition we’ll use for **other people’s opinions**: “**Those opinions which, when they are not asked for, have nothing to do with the reality of your life, and what you choose to do with it.**”

First, we will review the perceptions of **other people’s opinions** that you have right now. All you have to do is answer each of these questions:

1. How often do you allow the unsolicited (not asked for) opinions of someone else to change what you think, or influence what you do next? a) Often, b) Occasionally, c) Almost never.

_____ Why?

2. How frequently, in the past, as an adult, do you believe the opinions of someone else persuaded you to take a course of action that was the wrong thing to do? a) Often,

b) Occasionally, c) Almost never? _____ Why?

3. Do you ever feel compelled to listen to and follow someone else's opinion when you don't really want to?

4. What do you typically do when someone whose opinion you have not asked for, insists on persuading you with the strength of their opinion – when their opinion is wrong for you at the time?

5. When you meet someone who clearly makes up his or her own mind, and never allows their life, at any time, to be guided by the un-requested opinions of others – how do you feel about that person? Why?

6. What is one thing you could do, beginning now, to begin to listen only to your own opinions, and the opinions that you clearly ask for from others?

VI. THIS WEEK: To practice the concept of dealing with **other people's opinions** this week, I'd like you to make a mental note every time someone around you states their opinion as fact, or attempts to persuade you or make your choices for you in any way. Keep notes. What you do about this is very important; we'll discuss your notes next week.

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.