

# CREATING OPPORTUNITY

Client \_\_\_\_\_

Session date \_\_\_\_\_ **KEY CONCEPT this session: CREATING OPPORTUNITY**

## **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?

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

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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)** \_\_\_\_\_

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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\*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?

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

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

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\*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?

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

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

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\*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 – “CREATING OPPORTUNITY”**

(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 **creating opportunity**.

Here's the definition we'll use for **opportunity**: **“The one, wide, never-ending highway -- that is open to everyone who wants to go forward, and get better.”**

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

1. When you think of the word “opportunity,” what is the first thought that comes to your mind? Why?

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2. How often, honestly and realistically, when you think of the word “problems,” or the word “challenges,” do you immediately think of the word “opportunity”?

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3. Rate yourself as accurately as you can on this question: “Do you think about the opportunities that are open to you – in any area of your life: a)Every day, b)Now and then, or c)Almost never? \_\_\_\_\_ Why?”

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4. Do you believe that you consistently make yourself aware of the very real opportunities that are in front of you? \_\_\_\_\_

5. If someone told you that your opportunities are probably limitless, how would you respond – what would you say, and why?

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6. What could you do, beginning now, to see the opportunities that are in front of you more clearly?

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**VI. THIS WEEK:** To practice the concept of **opportunities** this week, I’d like you to hold a private “brainstorming” session with yourself, take the limits and the blinders off, and make a list of the opportunities in front of you, right now, that could make a positive difference in your life. I want you to take the assignment and your list seriously. You may write something on your list that will change the rest of your life.

#### **VII. AFFIRMATION FRAME MP3’s**

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

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#### **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?

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