

LETTING GO OF THE PAST

Client _____

Session date _____ **KEY CONCEPT this session: LETTING GO OF THE PAST**

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 – “LETTING GO OF THE PAST”

(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 **Letting Go of the Past**.

Here's the definition we'll use for **letting go of the past**: **“The choice to live life in the present – in a positive way – regardless of anything negative that may have occurred in the past.”**

First, we will review the perceptions of **letting go of the past** that you have right now. All you have to do is answer each of these questions: (Remember, this is not therapy or counseling.)

1. To what extent do you believe that your life now is affected in any negative way, from things that happened to you in the past? a) Almost never, b) Occasionally, c) Frequently. _____
Why?

2. Do you make a determined effort to move forward and let past negatives go? _____ What do you do about any negatives that could still be holding you back?

3. What do you think when you meet or know someone who allows their past to hurt their present?

4. Do you ever see past problems or failures as adequate reasons why you should not succeed now?

5. What one negative from your past, if any, would you most like to get past, and move beyond it? (Note: Offer no personal “therapy” or “psychological counseling” on your part when you discuss this.)

6. If you were to write a goal, to get past any problems from the past, what would you say?

VI. THIS WEEK: To practice the concept of **letting go of the past** this week, I’d like you to find three creative, positive ways for you to reward yourself – for making the choice to live in the present, and build an incredible future.

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.