

# COMPASSION

Client \_\_\_\_\_

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

**KEY CONCEPT this session: COMPASSION**

## **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 – “COMPASSION”**

(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 **compassion**.

Here's the definition we'll use for **compassion**: “**Compassion is the quality of caring genuinely – even when there is nothing to gain for yourself.**”

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

1. When you think of a person as having compassion, what characteristics or qualities about that person come to mind?

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2. Do you consider yourself a compassionate person? \_\_\_\_\_ Why do you feel that way?

\_\_\_\_\_

3. Do you believe that your level of compassion in any way affects your success as an individual, overall? \_\_\_\_\_ Why?

\_\_\_\_\_

4. Do you feel you typically have: a) Too much compassion, b) Too little compassion, or c) About the right amount of compassion? Why do you feel that way?

\_\_\_\_\_

5. Name one thing that happens that typically brings out feelings of compassion in you. (Also, what do you do about that?)

\_\_\_\_\_

\_\_\_\_\_

6. If you wanted to create more genuine caring and compassion in your life, what is one thing you could do to achieve that?

\_\_\_\_\_

**VI. THIS WEEK:** To practice the concept of **compassion** this week, I'd like you to look for things about which you feel strong compassion, and openly express or talk about your compassion and your feelings. In your Success Journal, write down at least three of these experiences.

### **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.