

# RESPECT

Client \_\_\_\_\_

Session date \_\_\_\_\_ **KEY CONCEPT this session: THE POWER OF RESPECT**

## **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 – “THE POWER OF RESPECT”**

(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 **respect**.

Here’s the definition we’ll use for **respect**: **“The skill of treating everyone around you in the most positive and effective way. “Respect” is the skill of recognizing and showing an appreciation for the attitudes, position, achievements, experience, and qualities of others.”**

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

1. Based on the definition we’re using, rate the level of respect that you typically show for the attitudes, position, achievements, experience, and qualities of the people you come in contact with. Rate yourself 1 to 10, with 1 being someone who exhibits a high level of respect for others, and 10 being the lowest level of respect for others. \_\_\_\_\_  
Why?

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2. In general, do you typically show respect for the other person when you do not agree with their point of view? \_\_\_\_\_ How do you show it? (Example: "I respect your point of view, but I don't agree with you.")

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3. Think of one person you know, who always shows respect for others. What does that person do that makes them stand out?

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4. To what extent do you let your own opinions or beliefs stop you from showing respect to others?

5. Overall, are you completely satisfied with the level of respect you show to other people in every situation?

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6. Is there anything you would like to do, or practice, that would help other people see you as someone of high respect? (Note: We almost always respect the people most, who respect others most.)

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**VI. THIS WEEK:** To practice the concept of **respect** this week, I'd like you to consciously observe how you treat everyone you meet throughout the week. At the end of each day, rate yourself on how well you did that day, and write your scores down in your Success Journal. If you find any behavior of yours that you think needs fixing, write it down, and decide what to do about it.

#### **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.