

# DREAMING BIG

Client \_\_\_\_\_

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

**KEY CONCEPT this session: DREAMING BIG**

## **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 – “DREAMING BIG”**

(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 **dreaming BIG**.

Here's the definition we'll use for **dreams**: “**Dreams are the positive pictures we form in our mind, of the future we want to create.**”

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

1. Seeing dreaming as an important thing to do, how would you rate your ability to dream?  
a) Very high, b) About average, or c) Low \_\_\_\_\_. Why did you choose that rating?

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2. How often do you take the time to dream “actively” or purposefully? (And what do you do?) (Also, do you usually dream by yourself, or with someone else?)

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3. When is the most recent time you spent time visualizing specific things you want to create for your own future? \_\_\_\_\_ Can you recall some of the things you focused on?

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4. When you dream, what determines the limits you place on your dreams? (And why?)

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5. Do you ever take all of the limits off your dreams, and create a picture of what you really want? \_\_\_\_\_ What happens when you do that?

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6. If you could do one thing, starting now, that would help you dream in the most productive way possible, what would it be? (Examples: scheduling actual “dream time,” making a list, in advance, of things to dream about and plan for, etc.)

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**VI. THIS WEEK:** To practice the concept of **dreams** and **dreaming** this week, I’d like you to write in your Success Journal at least three things you would like to spend more time “dreaming” about.

### **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.