

THANKFULNESS

Client _____

Session date _____

KEY CONCEPT this session: THANKFULNESS

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 – “THANKFULNESS”

(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 **thankfulness**.

Here’s the definition we’ll use for **thankfulness**: **“The important choice to recognize what you have, and appreciate its source.”**

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

1. On an average day or week, how often are you consciously thankful for what you have? (What do you do to show it?)

2. How often, in any given day, do you say the words, “Thank you,” to someone else – no matter who it is? a)Very often, b)Now and then, or c)Almost never _____. (Tell me why.)

3. Is there anything that you are genuinely thankful for, but have put off saying “thank you” to the right person?

4. Do you typically “count your blessings” each day before you go to sleep at night? (Why, or why not?)

5. If it were your last day on Earth, and you had the time and the place to list everything that you are thankful for, what kinds of things would you write on your list?

6. If you could, starting now, do something new or different to show your thankfulness in a better way, what would you do?

VI. THIS WEEK: To practice the concept of **thankfulness** this week, I’d like you to practice saying “Thank you,” every chance you get! For big things and small things, no matter where you are or who you’re with. Practice saying “Thank you.” In your Success Journal, make a list of everyone who you should thank, that you haven’t thanked – and then start thanking them. E-mail works. Phone calls work. Letters and “Thank You” cards still work. And saying “Thank you” in person works.

(When you do that, some people will worry about you or wonder what’s going on with you. Tell them you were just thinking about them, and you wanted to say, “Thank You.”)

Make your list, practice saying or writing “Thank you,” and then write a summary note to yourself about what happened.

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.