

## MAKING CHOICES

Client \_\_\_\_\_

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

**KEY CONCEPT this session: MAKING CHOICES**

### **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 – “MAKING CHOICES”**

(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 **making choices**.

Here's the definition we'll use for **making choices**: **“The single most important thing you can ever do to make your life work.”**

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

1. Rate yourself on how good you are at making choices: a) Very good, b) About average, c) Not as good as I'd like to be. \_\_\_\_\_ (Why did you choose to rate yourself that way?)

\_\_\_\_\_

2. Do you believe it is the big choices you make in life, or the small choices you make every day that count the most? \_\_\_\_\_ (Why?)

\_\_\_\_\_

3. To what extent do you understand that *every* choice you make, big or small, could be an important choice? (Explain what you mean.)

\_\_\_\_\_

4. How much time do you usually spend thinking through the choices that you make each day?

\_\_\_\_\_

5. Give several examples of choices you regularly make that you see as "major" choices – that could change your life.

\_\_\_\_\_

6. Give several examples of choices you regularly make that you see as "minor" choices that could change your life.

\_\_\_\_\_

**VI. THIS WEEK:** To practice the concept of **making choices** this week, I'd like you to write a list each night, in your Success Journal, of at least three choices you made that day. Then, next to each choice on your list, write a "D" for any choice you made that just got you through the day, and write a "G" beside any choice you made that helped you reach a goal.

If you do that for the next seven days, you'll have a list of at least 21 choices that you made during the week. Count up the "D's" and the "G's" and you'll have an immediate picture of which choices are helping you get through the day, and which choices you make that are actually helping you get where you want to go.

## **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?

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You can do it! I believe in you, \_\_\_\_\_. I'll talk to you next week.