

LIVING OUTSIDE THE BOX

Client _____

Session date _____ **KEY CONCEPT this session: LIVING OUTSIDE THE BOX**

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 – “LIVING OUTSIDE THE BOX”

(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 **living outside the box**.

Here’s the definition we’ll use for **living outside the box**: “**Always choosing to see life in a creative new way – and choosing to live your life based on your own opinions, and not the opinions of the world around you.**”

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

1. Overall, do you see yourself as: a) Living in the box, b) Living part way out of the box, or c) Living most of the time by your own standards, and out of the box? _____ Tell me why.

2. How often do you make the choice to look at anything you’re doing in a completely new way? Can you give me an example?

3. What do you typically do when “rules” that other people want you to follow, conflict with what you really want to do?

4. What one area do you feel that you’re more “in the box” than you’d like to be?

5. When you do feel you’re living in the box, what do you believe is usually keeping you there?

6. What is one thing you could begin doing now, to live less in the box, and see yourself in a more open, creative way?

VI. THIS WEEK: To practice the concept of **living outside the box** this week, I’d like you to find three things you have always done, or looked at, in the same way – and practice doing those things, or looking at those three things in an entirely new or different way. Make a list of the three things you’re going to do or see differently, and then write out, for next week, what you did differently – and how it worked!

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.