

## Feeling Fantastic After 40 - Online Program

### Clients Copy - Session 1

**"DREAM - BELIEVE - CREATE - SURRENDER - SUCCEED"**

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_

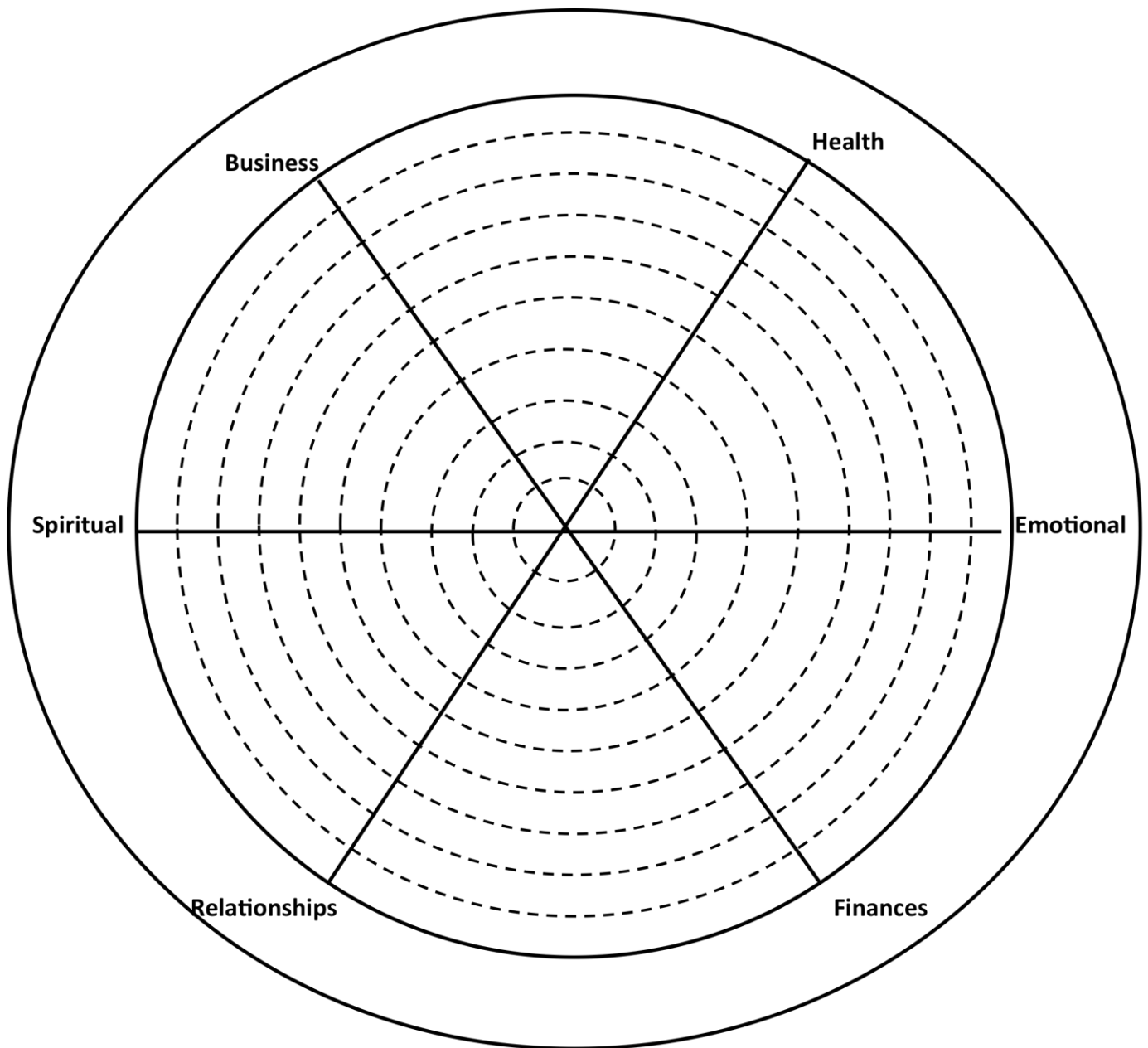
Coach: \_\_\_\_\_

#### **FUTURE ACTION**

- Write each of your 7 Year Vision in the space provided, writing, in detail how your life will look, how it will be greater, what pleasure will you gain by achieving your goal
- Include as many senses (sight, sound, touch, taste and smell} as possible, as well as all the emotions you would experience having achieved this goal
- Include pictures and/ or drawings for each goal. Use as much colour as possible, make it fun and meaningful to you
- Bring to your next session

**1. Now Map -Graphing**

On a scale of 0 to 10 (0 being least in the centre and 10 being best on the outside), rank where you feel you are at right **now** in each Area of Your Life. Join the rankings until you have a circle within the Now Map.



## 2. IM SMART Goal Setting Technique

IM SMART goals stand for:-

<b>I</b> nspiring	- What would inspire you in 7 years?
<b>M</b> otivating	-What would motivate you and get you moving?
<b>S</b> pecific	- What specifically do you want in all areas in 7 years?
<b>A</b> ttainable	- Do you feel this is attainable?
<b>R</b> isky	- How could we make this scarier & exciting?
<b>T</b> angible	- How will you know when you achieve this, what will you see, hear & feel





3. Now how can we make this really specific and measurable?

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4. Now I want to check, is this goal attainable in the next 7 years? How do you feel?

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Let's put all of this together now, 7 Year Vision.

Today is \_\_\_\_\_ and I am experiencing

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**3. Education - 5 keys to get anything you want in life**







## 6. Motivational Piece

### **OUR DEEPEST FEAR**

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

We ask ourselves - "Who am I to be brilliant, gorgeous, talented, fabulous?"

Actually, who are you *not* to be?

You are a child of God.

Your playing small doesn't serve the world

There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine

We unconsciously give other people permission to do the same

As we're liberated from our own fear, our presence automatically liberates others.

*Marianne Williamson - A Return to Love*