

Feeling Fantastic After 40 - Online Program

Clients Copy - Session 4

"DREAM - BELIEVE - CREATE - SURRENDER - SUCCEED"

Date: _____ Start Time: _____ Finish Time: _____

Coach: _____

FUTURE ACTION

- Read your Purpose Statement daily
- Focus on any tasks that were set during the session
- Bring to your next session

1. Environment Triangle



2. Environment

Write a list of 5 people that are in your direct environment that influence you the most.

a. _____

b. _____

c. _____

d. _____

e. _____

- a. For each of these people, write everything that annoys, irritates or aggravates you about this person - even the smallest of details is helpful.

Person 1

Person 2

Person 3

Person 4

Person 5

- b. We usually find that something that annoys us about someone else may in some way be a reflection of our own behaviour, however small.

What reflection do you see in yourself from the behaviours you listed from each person above? What can you do to acknowledge and change your behaviour for the better?

Person 1

Person 2

Person 3

Person 4

Person 5

3. Changing your environment for success

Meet 5 new people who are achieving the results you aspire to achieve in relation to your area of focus

5 New People I have met?	New Belief System

4. Future Tasks

What action do I need to take between now and the next session to move closer to my 6 month target?

5. Motivational Piece

BELIEVE IN YOURSELF

Dream freely

Envision excellence

Cherish your creations

Exude enthusiasm

Be inspired

Inspire others

Take pride in you

Recognise inner beauty

Draw on inner strength

Look inside your soul

Create peace

Seek truth

Spread joy

Embark on adventure

Launch new ideas

Think big

Invoke positives

Live fully

Reach out

Aim high

Find happiness

Expect the best

Be the best