

Feeling Fantastic After 40 - Online Program

Clients Copy - Session 2

"DREAM - BELIEVE - CREATE - SURRENDER - SUCCEED"

Date: _____ Start Time: _____ Finish Time: _____

Coach: _____

FUTURE ACTION

- Go back over the plan we did in the session add any new information.
- Focus on any tasks that were set during the session.
- Bring to your next session.

1. What have you specifically achieved in 7 years?

Business

Career

Health

Relationships

Money

Personal Development/Spiritual/Emotional

2. What have you specifically achieved in year 6?

Business

Career

Health

Relationships

Money

Personal Development/Spiritual/Emotional

3. What have you specifically achieved in year 5?

Business

Career

Health

Relationships

Money

Personal Development/Spiritual/Emotional

4. What have you specifically achieved in year 4?

Business

Career

Health

Relationships

Money

Personal Development/Spiritual/Emotional

5. What have you specifically achieved in year 3?

Business

Career

Health

Relationships

Money

Personal Development/Spiritual/Emotional

6. What have you specifically achieved in year 2?

Business

Career

Health

Relationships

Money

Personal Development/Spiritual/Emotional

7. What have you specifically achieved in year 1?

Business

Career

Health

Relationships

Money

Personal Development/Spiritual/Emotional
