

## Feeling Fantastic After 40 - Online Program

Clients Copy - Session 5

**"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





## 2. Responsibility, Justify, Lay Blame

a. What areas of your life are you blaming someone or something else for, to explain why things are the way they are?

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b. What areas of your life are you justifying why things are the way they are?

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c. What responsibility can you take in order to change these areas of your life?

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## 4. Motivational Piece

### *From Parent to Child*

#### **I GAVE YOU LIFE BUT I CANNOT LIVE IT FOR YOU.**

I can teach you things, but I cannot make you learn.  
I can give you directions, but I cannot be there to lead you.  
I can allow you freedom, but I cannot account for it.  
I can take you to church, but I cannot make you believe.  
I can teach you right from wrong, but I cannot always decide for you.

I can buy you beautiful clothes, but I cannot make you beautiful inside.  
I can offer you advice, but I cannot  
accept it for you. I can give you life,  
but I cannot force it upon you.

I can teach you to share, but I cannot make you unselfish.  
I can teach you to respect, but I cannot force you to show honour.

I can advise you about friends, but I cannot choose them for you.  
I can advise you about sex, but I cannot keep you pure.  
I can tell you the facts of life, but I cannot build your reputation.  
I can tell you about drink, but I cannot say NO for you.  
I can warn you about drugs, but I cannot prevent you from using them.

I can tell you about lofty goals, but I cannot achieve them for you.  
I can teach you about kindness, but I cannot force you to be gracious.  
I can warn you about sins, but I cannot make your morals.

I can love you as a child, but I cannot place you in God's family.  
I can pray for you, but I cannot make you  
walk with God. I can tell you to live, but I  
cannot give you Eternal life.

*Author Unknown*