



Life Coaching SUCCESS:

Personalized Coaching Blueprint

Your Unique, Individualized Roadmap for Your
Journey to Life Coaching SUCCESS

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Session I:

1. What event (s) brought you here?: _____

2. What would you like to change?: _____

3. As a result of our work together, what results would you like to enjoy?:

- a.
- b.
- c.
- d.

4. What beginning signs will show you when you have begun to achieve these results?:

- a.
- b.
- c.
- d.

5. What negative thoughts and/or actions keep the undesirable behavior occurring?:

a.

b.

c.

d.

e.

6. What positive thoughts and/or actions might allow desirable behavior to occur?

a.

b.

c.

d.

e.

7. What history would help to clarify what you have been experiencing?:

7. What history would help to clarify what you have been experiencing? (cont'd):

8. If you could change one event from that history – one event that would make a huge difference regarding what you would like to change (#2), what would it be?: _____

9. Have you forgiven yourself or any other person involved for that event? Yes No

10. If you have forgiven, *Congratulations!*

If you have not, what prevents you from forgiving?: _____

Would you like to Boost your Progress 300% faster?

=> Listen DAILY to Hypnosis Audio

To further Rocket you to Success do so, read the following resource materials **and** take notes of the information that is most applicable to you. By taking notes, you personalize the facts and clarify their application to you:

1. The Creative Power of Thought – Your Amazing Subconscious Mind!
2. Letting Go of the Past
3. The Nature of Forgiveness