



Module 7: Empowerment: Class #3

There are 3 major concepts that actually adds to the struggle and increase the frustration that your clients might feel:

1. Be in the _____!

2. Just be _____!

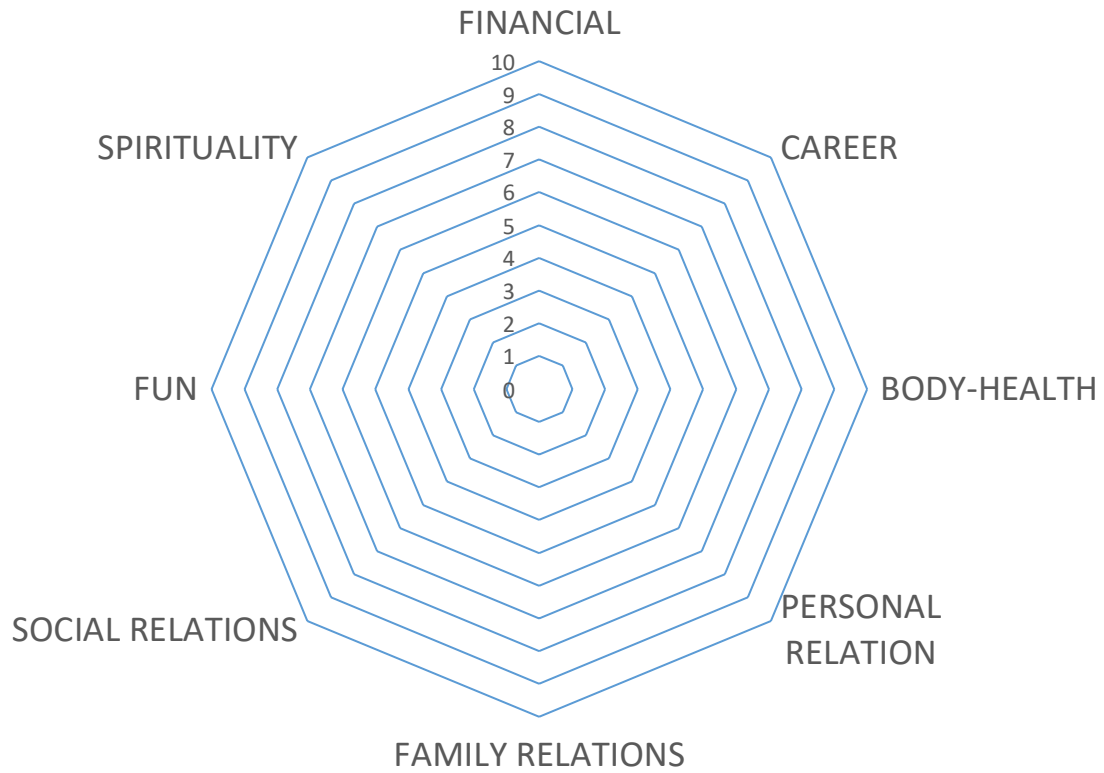
3. The existence of _____.

HELPING YOUR CLIENTS GET IN TOUCH WITH THE SIGNIFICANCE OF THEIR FUTURE

A. Please give a score from 0 (center of shape) to 10 (outside boundaries of the shape), to each area of your life. Where do you feel you stand today?



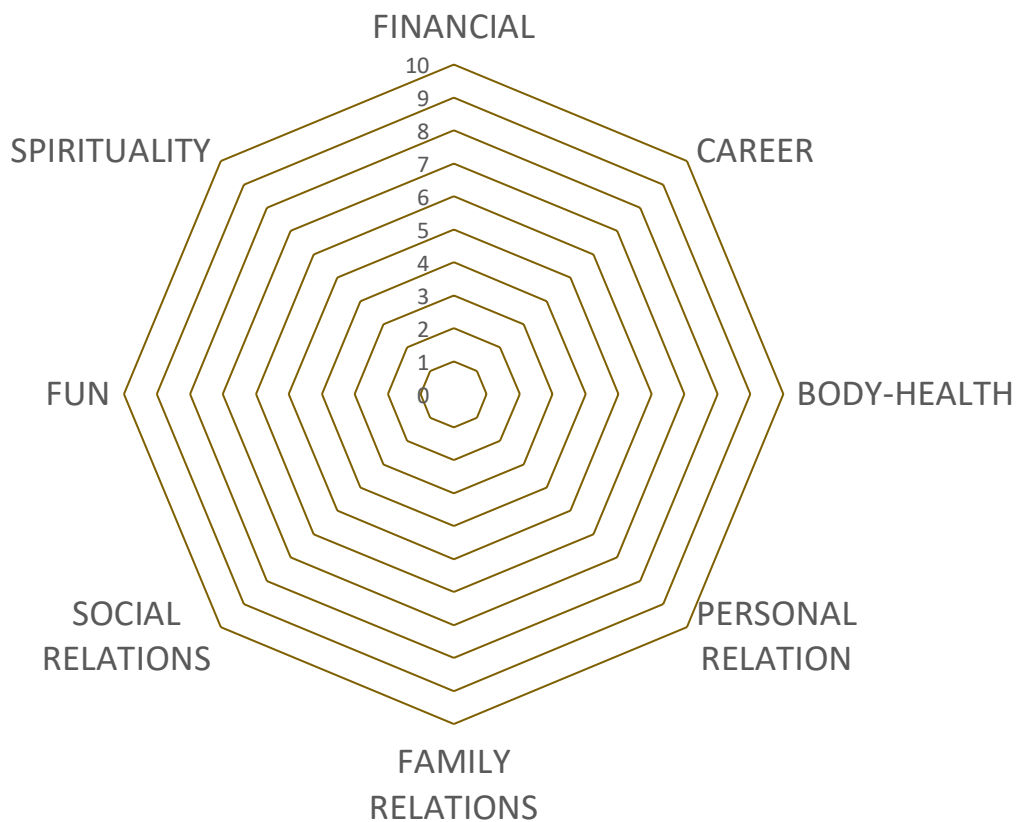
WHERE AM I TODAY?





B. Where do you want to get in your immediate future?

WHERE I WANT TO BE IN THE FUTURE?





C. For each area of your life listed above, answer the below question:

- ❖ How would it _____ when you are a 10 in that area?
- ❖ How would you _____ when you are a 10?
- ❖ What would you _____ when you are a 10?

WHY WORK WITH A CLIENT'S FUTURE SELF?

1. It offers _____.
2. It gives _____.
3. It offers _____.
4. It can help a person create new _____.
5. It offers _____.

GET YOUR CLIENT IN TOUCH WITH A NEW FUTURE

GUIDED MEDITATION: YOUR INNER CHILD AND YOUR FUTURE SELF

TRANSCRIPT



THE TASK OF THE WEEK:

Design your _____ years from now
and all the way out to the _____ of this lifetime. What will a totally
successful _____ look like? What will a totally successful, healthy,
happy you look like?

You need to _____ to that _____, and start
to develop a relationship with the awesome _____ that you are.

And that's the future that you'll write about in your homework this week.