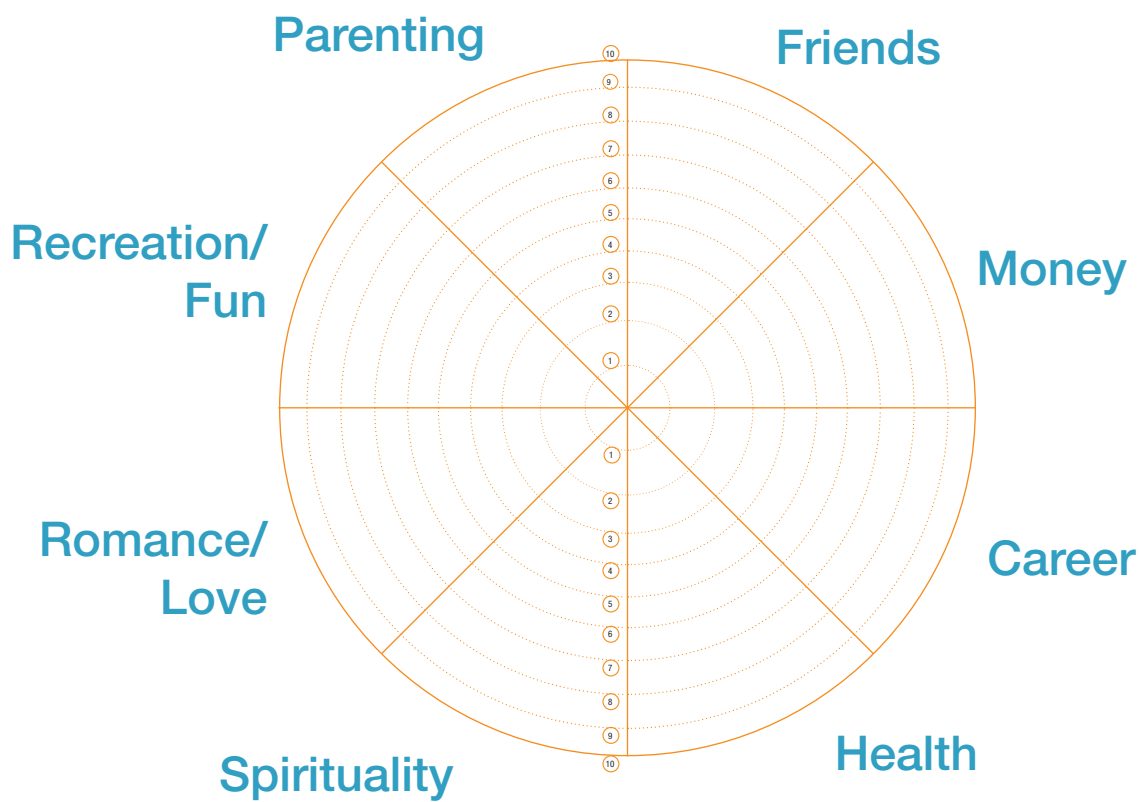


# COACH YOUR TEEN™

# MODULE 1: RESULTS

# Life Wheel



# Obstacles

## 1. Choose category from the Life Wheel

Category

Rating

Example:

Category

Rating

## 2. Identify 3 Obstacles

1.

2.

3.

# Visualization

Category

Rating

**Visualize this category having a 10 rating.**

**Describe what you see in this Visualization:**

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# MODULE 2: ACTIONS



# Goal Setting

Category

Rating

**Result:** \_\_\_\_\_

**Time Frame:** \_\_\_\_\_

## Brainstorm:


## Strategy:

\_\_\_\_\_

**Notes:** \_\_\_\_\_

**Evaluation:** \_\_\_\_\_

**Next Steps:** \_\_\_\_\_

# Goal Setting (Cont'd.)

**Strategy:**

\_\_\_\_\_

**Notes:** \_\_\_\_\_

**Evaluation:** \_\_\_\_\_

**Next Steps:** \_\_\_\_\_

**Strategy:**

\_\_\_\_\_

**Notes:** \_\_\_\_\_

**Evaluation:** \_\_\_\_\_

**Next Steps:** \_\_\_\_\_

**Strategy:**

\_\_\_\_\_

**Notes:** \_\_\_\_\_

**Evaluation:** \_\_\_\_\_

**Next Steps:** \_\_\_\_\_

# Hidden Strategies

Category

Rating

## Identify 3 Hidden Strategies:

1.

2.

3.

# Accountability

Category

Rating

**1. How will you feel after accomplishing your goal?**

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**2. What will be different in your life?**

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**3. What will be different in the lives of your loved ones?**

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# Accountability (Cont'd.)

4.

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5.

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**Notes:**

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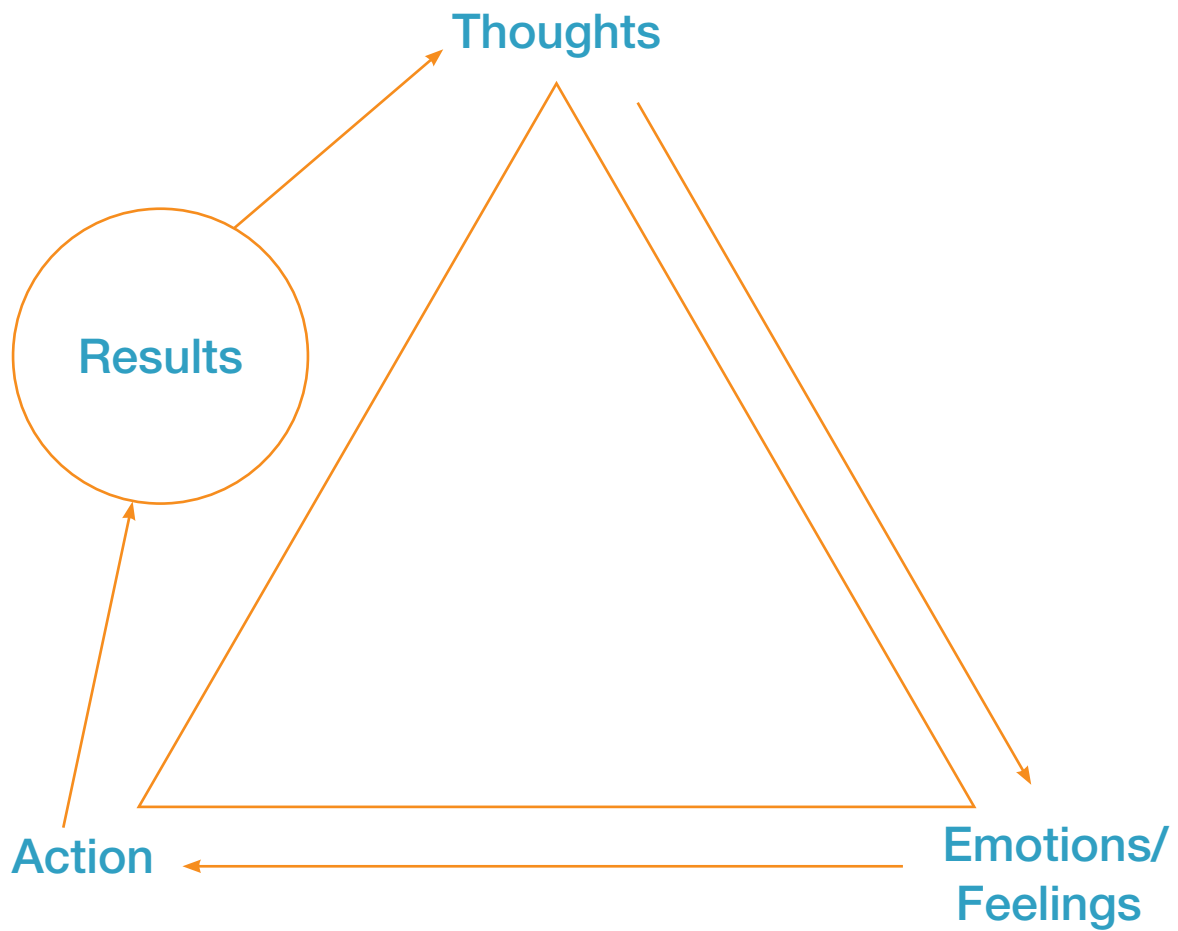
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# MODULE 3: EMOTIONS



# Thought Triangle



# Emotions List

Category

Rating

Emotions		

# Emotion Profile

Category

Rating

**Dominant Constructive Emotion:** \_\_\_\_\_

**Dominant Destructive Emotion:** \_\_\_\_\_

**Emotion Profile:**

**Constructive Emotion**



**Destructive Emotion**

# Triggers

Category

Rating

**Dominant Destructive Emotion:** \_\_\_\_\_

**Trigger:** \_\_\_\_\_

**1. What interpretation are you giving it?**

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**2. How does interpretation make you feel?**

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**3. What are other possible interpretations?**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

# Triggers (Cont'd.)

4. Which interpretation will choose to believe moving forward?

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5. How does this interpretation make you feel?

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6. What action will you take?

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# Why Exercise

Category

Rating

1. Why do you want accomplish your goal?

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2. Why is it important to you to \_\_\_\_\_?

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3. Why is it important to you to \_\_\_\_\_?

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4. Why is it important to you to \_\_\_\_\_?

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5. Why is it important to you to \_\_\_\_\_?

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# Anchoring

Category

Rating

1. Choose an Emotion (ex: confidence): \_\_\_\_\_

2. Choose a location (ex: second knuckle on middle finger):

\_\_\_\_\_

3. Recall the memory:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Feel the Emotion.

5. Press and hold until the emotion goes way.

6. Repeat steps 3-5 until the anchor is set.



**Notes:**

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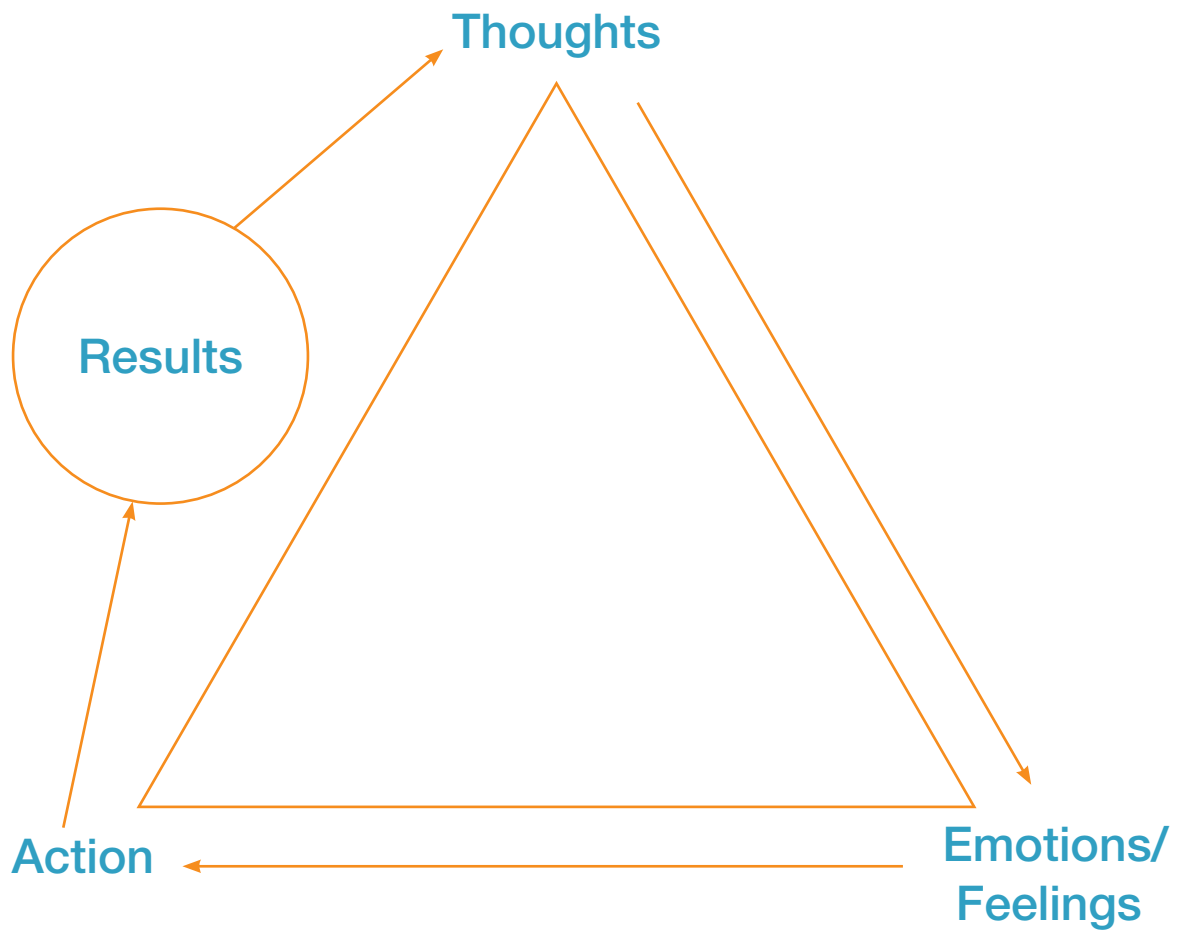
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# MODULE 4: THOUGHTS

# Thought Triangle



# Thought Awareness

Category

Rating

Emotions	Thoughts

# Visual Thoughts

Category

Rating

**Destructive Emotion:** \_\_\_\_\_

**Visual Thoughts:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Change:** \_\_\_\_\_

**Destructive Emotion:** \_\_\_\_\_

**Visual Thoughts:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Change:** \_\_\_\_\_

# Auditory Thoughts

Category

Rating

**Dominant Emotion:** \_\_\_\_\_

**Thoughts:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Change:** \_\_\_\_\_

**Dominant Emotion:** \_\_\_\_\_

**Thoughts:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Change:** \_\_\_\_\_

# Limiting Beliefs

Category

Rating

## Identify 3 Limiting Beliefs:

1.

2.

3.

# Empowering Beliefs

Category

Rating

**Choose a New Empowering belief:**

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**How does this belief make you feel?**

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**What action would you take if you started to believe?**

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# How to Believe

Category

Rating

## 1. Choose a belief

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## 2. Look for evidence

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## 3. Speak it

People:

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Places:

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Situations:

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# Your Past

Category

Rating

1. Choose a past memory

2. Identify visual thoughts

3. Identify auditory thoughts

4. Distort memory

# Your Future

Category

Rating

**1. Create a memory about the future**

**2. Enhance Visual thoughts**

**3. Enhance auditory thoughts**



**Notes:**

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# **MODULE 5:** **RELATIONSHIPS**

# Relationship Status

Your Ideal Relationship:

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Relationship Ratings: **A B C F**

(Circle One)

**A. Ideal Relationship**

**B. Good Relationship**

**C. Poor Relationship**

**F. Failing Relationship**

# One Domino

**Ideas:**

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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**One Domino:**

<hr/> <hr/>
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**Action:**

<hr/> <hr/>
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# Values

## Circle 10 Values:

Authenticity

Achievement

Adventure

Authority

Autonomy

Balance

Beauty

Boldness

Compassion

Challenge

Citizenship

Community

Competency

Creativity

Curiosity

Determination

Fairness

Faith

Fame

Friendships

Fun

Growth

Happiness

Honesty

Humor

Influence

Justice

Kindness

Knowledge

Leadership

Learning

Loyalty

Meaningful work

Openness

Optimism

Peace

Pleasure

Popularity

Religion

Reputation

Respect

Responsibility

Security

Self-Respect

Service

Spirituality

Success

Trustworthiness

Wealth

Wisdom

# Values (Cont'd.)

Rank top 10 values:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

# Teen Values

## Circle 10 Teen Values:

Authenticity	Faith	Optimism
Achievement	Fame	Peace
Adventure	Friendships	Pleasure
Authority	Fun	Popularity
Autonomy	Growth	Religion
Balance	Happiness	Reputation
Beauty	Honesty	Respect
Boldness	Humor	Responsibility
Compassion	Influence	Security
Challenge	Justice	Self-Respect
Citizenship	Kindness	Service
Community	Knowledge	Spirituality
Competency	Leadership	Success
Creativity	Learning	Trustworthiness
Curiosity	Loyalty	Wealth
Determination	Meaningful work	Wisdom
Fairness	Openness	

# Teen Values (Cont'd.)

Rank top 10 values:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

# Honoring Values

Relationship Rating:

	Top 10 Values	Definition	Action New Belief
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Observations:

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# Reframe Beliefs

	Current Belief	New Belief
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

# Suffering Mindsets

## Suffering Mindset: **Victim**

Places: \_\_\_\_\_

People: \_\_\_\_\_

Situations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Suffering Mindset: **Conflict**

Places: \_\_\_\_\_

People: \_\_\_\_\_

Situations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# How to Change a Mindset

## Prevention:

- Awareness
- Beliefs
- Body care
- Mind care

## In the Moment:

1. Pause
2. Breathe
3. Acknowledge



# Family Meetings

Interval:

Goal:

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Actions:

Father	Mother	Child#1	Child#2
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.

# Sandwich Technique

1. Compliment

2. Feedback

3. Compliment

# Rules

## Categories:

School

Social Media

Curfew

Friends

Dating

Sports

Chores

Driving

Games/Screen-time

Categories: \_\_\_\_\_

## Rules:

\_\_\_\_\_ Fair/Unfair

\_\_\_\_\_ Fair/Unfair

\_\_\_\_\_ Fair/Unfair

\_\_\_\_\_ Fair/Unfair

# Rules (Cont'd)

**Unfair Rule:**

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**Teen Wants:**

**Parent Wants:**

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**New Rule:**

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**Followed:**

**Not Followed:**

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**MODULE 6:**  
**COACHING YOUR TEEN**

# Parent Coach

## Rules

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# Coaching Sadness & Anger

1. Support/Listen

2. Rephrase

3. Validate

# Coaching Motivation

## Current Behavior

**Pain:** \_\_\_\_\_

Rating: 1 2 3 4 5 6 7 8 9 10  
(1-No pain, 10-extreme pain)

**Pleasure:** \_\_\_\_\_

Rating: 1 2 3 4 5 6 7 8 9 10  
(1-No pain, 10-extreme pain)

## New Behavior

**Pain:** \_\_\_\_\_

Rating: 1 2 3 4 5 6 7 8 9 10  
(1-No pain, 10-extreme pain)

**Pleasure:** \_\_\_\_\_

Rating: 1 2 3 4 5 6 7 8 9 10  
(1-No pain, 10-extreme pain)

## Questions:

1. What do you really want?
2. How well is your current approach working?
3. What is painful about the new behavior?
4. How could you make the new behavior less painful so that you can get what you want?

# Coaching Confidence

1. Enroll Child in Dr. RJ's Confidence Transformation Coaching Program™
2. Define Confidence
3. Give Compliments
4. Challenge Negative Self-Talk
5. Sandwich Technique
6. Recall Past Successes
7. Celebrate Qualities



**Notes:**

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**CONGRATULATIONS**

**Dr. RJ**  
— LIFE COACH —