



NEW LIFE STORY® COACHING
A 28 Week Coaching Program Using the ROADMAP System

Client Coaching Protocol

WEEK:

1		Introduction to New Life Story, ROADMAP system; materials
2	R	Step One. R ecognize Authorship
3		Review of Exercises; and Discussion of Step One
4	O	Step Two. O wn Your Story
5		Review of Exercises and Discussion of Step Two
6	A	Step Three. A ssess Plot and Storylines
7		Review of Exercises; Discussion of Step Three
8	D	Step Four: D ecide what to Change
9		Review of Exercises; Discussion of Step Four
10	M	Step Five: M ap Changes
11		Review of Exercises; Discussion of Step Five
12	A	Step Six: A uthor New Experiences

13		Review of Exercises; Discussion of Step Six
14	P	Step Seven: Program Your Identity
15		Review of Exercises; Discussion of Step Seven
16		Master States of Mind
17		Review of Exercises; Discussion of Master States of Mind
18		Advancing the Plot
19		Review of Exercises; Discussion of Advancing the Plot
20		Write a New Money Story
21		Review of Exercises; Discussion of Write a New Money Story
22		Your Career Story; Discussion of Write a New Money Story
23		Your New Relationship Story
24		Review of Exercises; Discussion of Your New Relationship Story
25		Live Your New Success Story
26		Review of Exercises; Discussion of Live Your New Success Story
27		Your New Wellness Story
28		Review of Exercises; Discussion of Your New Wellness Story

Optional at the End of 28 Weeks:

- Coaching focus on challenging storylines: four weeks
- Coaching focus on one or more of the new story modules for the remainder of the first coaching year

Recommendations:

- Year Two: Quarterly follow-up
- Life: Annual follow-up

Copyright David Krueger MD and MentorPath Publications