



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

Client Coaching Protocol

WEEK:

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| 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

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