

## MODULE 8 ASSIGNMENT: The Satori 7-Step Process

1. Name of client \_\_\_\_\_
2. Email address of client \_\_\_\_\_
3. Date of coaching session \_\_\_\_\_
4. How many coaching sessions, if any, did you do with the client prior to doing the 7 Steps?  
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5. Do you feel you adequately took your client through the basic instructions for each step prior to beginning the process?  
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6. Did you demonstrate the circular breathing technique, and based on what the client did during that step, do you feel that he/she understood your instructions?  
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\_\_\_\_\_
7. Did you check to make sure your client did not have glaucoma before starting the 7-Step process?  
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8. Were you able to respond to the assertion the client might have made about this being hyperventilation? If so, how did you answer?  
\_\_\_\_\_  
\_\_\_\_\_
9. Did your client feel the need to ask questions during the process? YES \_\_\_\_\_ NO \_\_\_\_\_

If so, what changes do you think you could make to the way you give the instructions ahead of time so that the clients won't feel uncertain about what they need to do?

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**10. Had the client previously used any of the other RF tools before doing the 7-Steps? If so, which ones?**

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**11. What physical things did you observe in the client during the process? Did the client's complexion change? Were there tears, rapid eye movement behind the eyelids? Was the client shifting in his/her chair, did the client feel any bodily sensations and point to them at the time indicated in the process?**

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**12. What feedback, if any, did you receive from the client, either at the next coaching session or at some point after-the-fact?**

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**13. How was your own comfort/confidence level with leading the client through the process?**

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