

A script from



## “Life Coach”

by  
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- What** Three weeks into New Years’ resolutions, the ever- resourceful Emily seeks praise from a professional—and finds it’s not quite what she expected. **Themes:** New Years, Women’s Ministries, Time with God, Prayer, Devotion, Humor
- Who** Emily  
Amanda  
“Bern” (Bernadette)
- When** Present day, 3-4 weeks after New Years Day. (Exact date is named but can be easily adjusted)
- Wear (Props)** Emily and Amanda wear “casual chic” clothing; Bern is in professional attire. Emily carries a large purse or bag.  
**Props needed:** Desk and chairs (or couch and chairs); a handful of coffee single-serve pouches (K-cups); a smart phone with a pre-programmed alarm; a sign (or paper indicating a sign) for the office “door.”
- Why** Luke 10:38-42
- How** Feel free to tailor the setting as desired; the “set” can be an office that is either rigid and intimidating, or warm and inviting. “Emily” can also feel free to improvise on lines that describe the progress she’s made on her resolutions, if actress is inclined.  
Because there several places in this script where characters “trail off” or are interrupted, make sure these areas are well-rehearsed to keep the timing going.
- Time** Approximately 6-8 minutes (possibly more if “Emily” improvises)

*Emily and Amanda stand outside an office door, about to enter. Bern is sitting at a desk or on a couch inside the office, working intently.*

**Emily:** So! Here we are! This is her office.

**Amanda:** *(Reading slowly)* "Best You Yet with Bernadette." It rhymes. Clever.

**Emily:** AND it's true. She's the best life coach I've ever had.

**Amanda:** I still don't understand why you need a life coach. What does she do?

**Emily:** She provides necessary accountability. New Years' resolutions were just a few weeks ago. I have to know I'm on track.

**Amanda:** Emily, you're *always* on track. Maybe you should consider *becoming* a life coach—

**Emily:** *(Turning to face her, nearly interrupting)* That reminds me. You know, I really think you could benefit from making some resolutions this year. The one you told me doesn't really count.

**Amanda:** Thanks, I think.

*Emily opens the office door*

**Bern:** Morning, Emily.

**Emily:** Morning, Bern. I hope you don't mind, I brought my sister Amanda to see what this is all about.

**Bern:** Not at all. Come on in. *(Emily and Amanda sit opposite Bern)* So— January 24<sup>th</sup>. Critical week coming up. You know what I'm talking about, don't you?

**Emily:** I do. Thirty percent of New Years' resolutions are abandoned by the end of January.

**Bern:** Thirty percent, Emily. *Thirty percent.*

**Emily:** I will NOT be a statistic. I refuse.

**Bern:** That's the attitude! Let's review your goals and see how you're doing. We'll start with fitness, since that's first on your list.

**Emily:** Absolutely. I bought an elliptical and this incredible core toner.

**Amanda:** Why aren't you just going back to the gym?

**Emily:** *(Looking knowingly at Bern)* The gym? In *January*?

**Bern:** *(To Amanda)* Sometimes clients find themselves diverted from their fitness goals by the influx of other new gym members at the beginning of the year. The wait time for the machines, the perception of what seasoned members think of them- it can be intimidating.

**Amanda:** I see.

**Bern:** So how is the equipment working for you?

**Emily:** Perfect. I've been getting up an hour earlier each day to work out...and I paid for the machines with the money I would have used to renew my gym membership for the year.

**Bern:** Excellent! That will help with the next item on your list: Reducing your debt load.

**Emily:** Definitely. And about that— I bought this fabulous digital checkbook app. *(Indicating her smart phone)*When I go over budget in any category, it notifies me immediately... *(she hits a button and the phone makes an alarm sound. Everyone jumps.)*

**Amanda:** That'd work for me. If I was in line at Starbucks and that thing went off...

**Emily:** Oh! And speaking of Starbucks...

**Bern:** Yes. How goes the switch to decaf?

**Emily:** You know what? It's been easy. The research really paid off.

**Bern:** Wonderful.

**Amanda:** What research?

**Emily:** *(Digging into her bag and pulling out handfuls of various K-cups)* If you look hard enough, you can find out how many milligrams of caffeine are in each brand of coffee. So I put together this weaning-off pack... you know, so Week One, I'm drinking two cups of this one, then Week Two it's a cup of that one plus a cup of this one, and this week I've been drinking a cup of this one plus a cup of this "half caff"... you know, I'm seriously thinking of pitching this to the Keurig people.

**Bern:** *(Quite serious)* You know, you could make that a mid-year goal.

**Emily:** Oh, I'm sure I could get to it by April.

**Bern:** Remember, Emily. You can do anything, but you can't do everything.

**Emily:** Right. Right.

**Bern:** Now, you also had a family goal. You wanted to improve your relationship with your husband. And we were working on breaking that down into measurable goals...

*About 2 pages have been omitted from this script preview. To read the rest of this script and perform it, download the full version at [SkitGuys.com](http://SkitGuys.com)!*

**ENDING:**

**Bern:** Jesus had this same conversation with Martha and Mary, didn't he? Listen, there's nothing wrong with taking care of things here on earth. That's good. But time with Him is better.

**Emily:** Well, why didn't you just tell me that from the beginning?

**Bern:** Because you wanted to do it all yourself.

*Emily starts to protest but realizes she really can't.*

**Bern:** *(Back to business)* So! I'm looking at my schedule. Should we meet again next week?

**Emily:** *(A little indignant)* But I thought you said—

**Bern:** In case there are some priorities you want to rearrange. You know what? I'll reserve the space.

*Amanda stands up to leave; Emily does the same, but more slowly as she is typing on her phone at the same time. Amanda leads the way to the door.*

**Amanda:** I'd be happy to come back with you if you want. You know, I really ought to ask you for ideas more often. It's like you have this sense of— Emily? What are you doing?

**Emily:** *(As they exit)* Oh! I'm downloading sermons from Luke 10. You know, the Mary-Martha chapter? Right now there are 19 free downloads, so I figure if I listen to two and two-thirds each day before our next appointment...

*Lights fade.*