

# WHAT TO TALK ABOUT WITH YOUR LIFE COACH & ALTERNATIVE COUNSELOR DURING YOUR SESSION

## HOW ARE YOU?

How you are feeling about yourself—good and bad?  
How you are looking at your life?  
How you are feeling about others?

## WHAT HAS HAPPENED SINCE THE LAST SESSION?

What has occurred to you since your last session?  
Any breakthroughs and insights?  
Any new choices or decisions made?  
Any personal news?

## WHAT ARE YOU WORKING ON?

Progress report on your goals, projects and activities.  
What you've done that you are proud of.  
What you are coming up against.

## HOW CAN I HELP?

Where are you stuck?  
What are you wondering about?  
A distinction.  
A plan of action.  
A strategy or advice.

## WHAT IS NEXT?

What is the next goal or project you want to take on?  
What is the next goal or distinction you want to get?  
What do you want for yourself next?

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