

What to Talk about With Your Life Coach

Name _____ Date _____

HOW ARE YOU...

feeling about yourself—good and bad? _____

looking at your life? _____

feeling about others? _____

WHAT ARE YOU WORKING ON?

Progress report on your goals, projects and activities: _____

What have you done that you are proud of? _____

What you are coming up against? _____

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? _____

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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