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What to Talk About During the Your Session

- **How you are**
 1. Feeling about yourself— good and bad
 2. Looking at your life
 3. Feeling about others

- **What has happened since the last call?**
 1. Insights
 2. New choices and decisions made
 3. Accomplishments and successes
 4. Personal news

- **What you are working on**
 1. Progress report on your projects and goals
 2. What you've done that you are proud of
 3. What you are coming up against

- **How I can help**
 1. Get you unstuck
 2. Identify obstacles you want to overcome
 3. Develop a strategy or plan of action
 4. Find clarity and focus
 5. Get perspective

- **What is next?**
 1. Identify the next goal or step or project
 2. Plan to celebrate and acknowledge your wins
 3. Look at what you want next