



# PREPARING FOR YOUR FIRST SESSION

## Questions to Help Gather Your Thoughts

**There's no need to prepare anything in advance. You're welcome to come exactly as you are.**

If it feels grounding to reflect beforehand, you might let these questions guide your thoughts. This is entirely for you, it does not need to be completed or shared at your appointment.

**What has been feeling most difficult or heavy lately?**

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**How has this been showing up or impacting your life?**

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**What would you hope to feel more of in your life right now?**

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**Questions To Ask Jonathon:**

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