



# Actualize

therapeutic and motivational life coaching

*Raise your spirits,  
Rejuvenate your mind...*



<b>1. What is good about your current situation?</b>	<b>2. What is not so good about your current situation?</b>
1. 2. 3. 4.  What is most important and why?	1. 2. 3. 4.  What is most important and why?
<b>3. What concerns do you have about changing your current situation?</b>	<b>4. What would be the benefits of changing your current situation?</b>
1. 2. 3. 4.  What is most important and why?	1. 2. 3. 4.  What is most important and why?