

HOPE

through

Transition

Life Coach Katy



A New Normal

Today is not Yesterday.

How are you?

What have you learned?

May you discover

HOPE

in these pages.



Life Coaching Question:

Are you ready to:

Admit your world has changed?

Focus on what Living Forward will look like?



Life Coaching Question:

What does it feel like to take control of your decisions in this new season?

What would you like to continue doing as you Live Forward?



Life Coaching Question:

Through this time, what have you discovered about yourself?

What are you willing to change or let go of in order to continue to Live Forward; be a better you or experience a better tomorrow?



Life Coaching Question:

How will your decision impact others in your life?

Is the HOPE you feel in your decision worth the cost of the change?



Life Coaching Question:

If YES, what is the first step you will take to make this discovery a part of Living Forward?

If NO, what are the long-term effects of letting this "discovery of yourself" go?



Life Coaching Question:

How will your life have
HOPE now that you are
preparing to Live
Forward with this
discovery?

Are you willing to let
this discovery slip away?



Life Coaching Question:

How committed are you to making the necessary change to Live Forward with this discovery?

Rating:

9 - 10: Let's Do It

7 - 8: Possible

5 - 6: Maybe

0 - 4: Probably Not



Life Coaching is:

An accountable HOPE
filled conversation of
Living Forward with your
dreams and goals.



A Life Coach:

Encourages you in the areas of your desired growth, at the speed of change you are most comfortable with.

About Life Coach Katy

Katy finds HOPE
through Transition

Learn more about
Coach Katy on her website:
KatyNelsonCoaching.net

