

How do you feel about ending with your practitioner?

What have you done already to be ready to end?

What have your successes been?

What has been challenging or difficult to change?

How do you feel about ending the work?

How ready do you feel to finish?

What have you been working on with your practitioner?

What were your SMARTEN Goals and Plans?

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How are you going to celebrate?

**TOP TIPS:**

- Be Honest: Endings mean different things to different people
- Take time to review your work together
- Think about the challenges and the positives