

PLANNING FOR YOUR SESSION

“Our lives are a connection of stories – truths about who we are, what we believe, where we come from, how we struggle, and how we are strong.” - Brene Brown

Think about the story you want to tell. Reflect on the death of your person, who you are, how you have gotten to where you are, and how the death has affected your decisions and choices.

What are the 3-5 main topics that you would like to touch upon in your conversation?

1. _____
2. _____
3. _____
4. _____
5. _____

Are there any topics you do not want to discuss?

1. _____
2. _____
3. _____

Are there any questions you want to ensure you ask?

1. _____
2. _____
3. _____