



The Extended Self Program

A Whole Person Approach to Life Transitions

Life Transition Index

Since we've worked last, some life events have occurred that may have caused you to re-examine your collaboration with me. Let's update ourselves. In the space provided below, tell me the payoff you are looking for from the next hour. It may be similar to your original ones or something totally different. Try to be as specific as you can... we'll compare things later.

My payoff for spending this open hour is....

OK, now the deeper part. Check off all the areas that this payoff will impact. Examine each category as they relate to you. We'll review them to clarify.

Life Transition Category	My payoff benefits
Career Development	
Overall Health/Vitality	
Romantic Relationships	
Financial Status	
Living Conditions/Relocation Process	
Family Connections/Parenting Skills	
Academic Performance/Adult Education	
Leisure Activity Options	
Quality Of My Diet/Exercise	
Spiritual Development	
Political/Ideological Clarity	
Ability to Deal with Death/Dying	

We'll keep track to see if you're getting these payoffs met as we proceed.

Client Name _____ Date ____ / ____ / ____

OK, Let's get going! ☺

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