



## **ALFT Monthly Mentoring Session Questionnaire**

*Please reflect on these questions before your monthly mentoring session so you are best prepared for it. Please email it to your mentor at least 24 hours before your monthly mentoring call. Keep it to 1-2 sentences per question.*

1. What is your intention for the ALFT (If 1st session), or for the remainder of the ALFT?
2. How has your ALFT journey been this month, including integrating the teaching and practices? What are the positive changes you are noticing, and what beneficial impact has the ALFT had in your life this past month?
3. Is there any area of challenge within the ALFT (or with leadership and/or facilitation in your life in general)? What is the next step of growth that you see for yourself within that challenge?
4. How can your ALFT mentor best support you in your upcoming mentoring call?