



SESSION PREPARATION

Name: _____ Date: _____

To get the most out of your next session, I suggest you take a few minutes to complete this form and fax or e-mail it to me the day before we meet.

What I have accomplished since our last session: my successes or victories:

- _____
- _____
- _____

What I didn't get done but want to be held accountable for:

- _____
- _____
- _____

Challenges I am facing right now:

- _____
- _____
- _____

What I am appreciative of or grateful/thankful for:

- _____
- _____
- _____

What I want to get out of the next session:

- _____
- _____
- _____

Remember to bring completed worksheet to your next appointment.