

Post-Session Work

What were some discoveries or “take-aways” from this session?

What do you want to accomplish as a result of your “take-aways” or what action steps do you plan to take?

Pre-Session Work

Preparing for your next session will allow you to optimize your results and our time together. Before the session please record your responses to these prompts. You can be as brief or extensive as you wish. Please email me your thoughts at least 12 hours prior to our session.

How are you? How has your week gone? What are you celebrating?

What I have accomplished since our last session...

What I didn't get done, but intended to do...

My wins/challenges are...

I want to use this session to...

Anything else?

Continued response from a prompt... (if needed)