*Accomplishments since our last session ...*

*What I had intended to but did not accomplish ...*

*Recent low points / recent struggles or negative events ...*

*Challenges and problems that I am currently facing are ...*

*Recent high points / Moments that I am grateful for ...*

Opportunities that are available to me now are ...

*Insights and awareness’s...*

Miscellaneous thoughts / ideas ...(tabled discussions)

*I want to use our time together to ...*

*Tapping topics ...*

*Assignments / What I intend to do before our next session ...*