

CLIENT SESSION PREPARATION FORM

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 ...
