**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FOCUS OF ME**

**MOVING FORWARD:** What I’ve focused on since our last session is . . .

**CELEBRATION:** What’s working . . .

**IN PROCESS:** What I didn’t focus on and still intend to is . . .

**CHALLENGES:**

**OPPORTUNITIES:**

**AGENDA:** My intention for this appointment is . . .

**GRATITUDE:** What I’m grateful for is . . .