



## Session Strategy Form

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This form will help us maximize our session time together. Please fill it out and submit to me 24 hours **before** our next session.

Name:

Today's Date:

Next Session Date:

**How are you today, right now? How has your week been?**

**What are your celebrations and successes since our last session? What's good about life right now?**

**What were your challenges?**

**What are key areas of learning and insight for you this week?**

**What did you intend to complete since the last session that is still open?**

**What issues do you want to focus on in your coming session?**

**What do you want to be held accountable for until your next session?**

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