My session recap

What we covered, and the one change you're trying this week.

FOR CLIENTS · FILL IN AT THE END OF A SESSION · 5 MINUTES

1. Fill this in together in the last five minutes.
2. Take a photo, or stick it where you'll see it daily.
3. Bring it to the next session, and start with what happened.

What we covered

What I noticed or learned

My one change this week

Small enough to feel almost too easy.

I will:

When:

Where:

How I'll remember (reminder, note, person):

If it gets in the way...

If _____ **then I'll** _____

If _____ **then I'll** _____

Tick each day I try it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Next session

Date and time:

One thing to bring:

A note for you Trying counts, even on days it didn't go to plan. Notes about what got in the way are some of the most useful things to bring back.