

HOW TO USE Client Welcome Packet



Read Through Packet

Take your time, explore each section, get familiar with resources & tools.



Start a Journal

A powerful way to process your thoughts, emotions, and insights. Jot down reflections, questions, and goals to help you navigate your sessions.



Set Clear Intentions

Before, each session, review the preparation section in the packet to set intentions and gather your thoughts or questions you'd like to address.



Practice Integration

After each session, refer to the integration tips provided in the packet. Dedicate time reflect, apply insights, and implement actions steps.



Explore additional tools

Resource section, contains guided meditations, affirmations, and other tools to support your wellbeing.



Track Your Progress

Revisit timeline in packet to document milestones and accomplishments. This will help celebrate your growth and stay motivated.

La Rosa Healing