



## CLIENT INFORMATION

**Date:**

**Name:**

**Session #:** \_\_\_ / \_\_\_



## **Coaching Session RECAP**

To recap and refresh you on our recent session together, take a quiet moment to answer the following. I request that you email these back to me within 24-48 hours after our session. This holds you accountable to metabolize what we've done together and helps you stay focused and on task.

- 1- What surprise showed up for you in today's session? Find one 'ah-ha' moment.**
- 2- What 3 golden nuggets, tools or lessons did take away from our session today?**
- 3- Name your top 3 'next steps' you're committed to between now and next session.**
- 4- Name 3 ways you plan to self-care or engage in self-compassion today?**
- 5- What playful/fun action or activity are you willing to engage in this next week? 😊**

### **BONUS:**

**What three gifts of gratitude do you notice right now?**