



C O N D U I T F O R C H A N G E

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 you 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?