

Session Overview	
Date:	Session Number:
Give the session a buzzword:	
How did I feel?	Why?
€ Takeaways	
What were the most important in session?	nsights, realizations, or messages from today's
What difficulties or limiting beliefs	came up? How did we address them?
Next Q	
What are the specific next steps	I commit to take before the next session?
Based on this session, what chan	ges in behavior, mindset, or habits will I work on?
Anything still unclear or worth rev	visiting in the next session?

