Session Worksheet

Date:

Session # 1 2 3 4 5 6 7 8 9 10 (circle one)

I did the homework for this session. I did it well and not last minute. \_\_Yes \_\_No

I fully prepared myself for the session and had written down issues to discuss prior to walking in. \_\_Yes \_\_No

I kept the storytelling to a minimum so that I could focus on the skills I want to polish and the goals I want to achieve. \_\_Yes \_\_No

I felt cared for by Don \_\_Yes \_\_No

Main Topics/skills that I want to discuss in session today:

1

2

3

My main takeaway /insight or epiphany from today’s session was:

Homework due for next session:

If I get home and realize I don’t fully understand expectations, I will text/email Don.

(585) 802.1273 (before 9 pm) Or [donboice@boicecounseling.com](mailto:donboice@boicecounseling.com)

***Scheduling***: Next session date and time