

THE UNEXPECTED PATH YOUR CHILD IS WALKING



## SESSION PREP FORM

---

### Keeping it Simple

*Prior to your session, please take a few minutes to fill out, relax and center yourself!*

**What has happened since our last session?**

---

---

**What action have I taken this week? Any wins/challenges?**

---

---

**What would I like to discuss on our call today?**

---

---

**Do I have some challenges, concerns, or achievements that I want to address today? What are they?**

---

---

---

**Where am I making progress?**

---

---

**Where am I feeling stuck?**

---

---

**Anything else?**

---

---