

CLIENT PREP FORM

Please fax or e-mail this form to me at least 48 hours before our next scheduled session:

WHAT I HAVE ACCOMPLISHED SINCE OUR LAST MEETING:

WHAT I DIDN'T GET DONE BUT INTENDED TO:

THE CHALLENGES AND PROBLEMS I AM FACING NOW:

THE OPPORTUNITIES THAT ARE AVAILABLE TO ME RIGHT NOW:

I'D LIKE TO USE OUR NEXT SESSION TO:

WHAT I'M GRATEFUL FOR THIS WEEK: