## **SESSION REVIEW**

Fill in these two pages within 24 hours of the session.										
Date of Session:										
The focus of the session:										
The most Important things we talked about:										
My feelings (expressed and unexpressed):										
The hardest part of the session:										

Things I meant to say, but didn't:										
Behaviors I want to change:										
Techniques I want to try:										
My homework assignment(s):										

## THOUGHTS FOR THE NEXT SESSION

(fill in anytime)

"If you don't like something, change it. If you can't change it, change your attitude."

What is something you would like to change in your life?

- Maya Angelou, Poet

Can you do sometning this week to start taking steps toward making that change or changing your attitude around it?
Rate Your Daily Progress in Dealing With Your Life:
1 = No progress, and 10 = Amazing progress
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## **NOTES**

			Rate	You	ur Mo	boo	Eac	h Da	ay V	Vith:				
	Rate Your Mood Each Day With: 1 = Depressed, anxious, upset and 10 = Feeling great!													
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