***It is imperative that you plan for… and complete… this assignment and have it to me at least 48 hours before your appointment.***

I will be totally prepared, and this will maximize our time together and your outcomes!

I can’t wait to see you!

1. How are you doing?  How are things going?  Please give me a general overview of your reality since our last session.

Let’s recap your Greatness!

1. What is going well?  Why is it going well?  What are YOU specifically thinking/ feeling/ doing that is creating the “well?”  Be sure to focus on all nine verbs (see, hear, feel, know, think, believe, focus on, put in your body, and as consequence, take action.) Be sure to list everything that has been great, don’t short change yourself!
2. What powerful NEW beliefs did you use to create and sustain these great outcomes? Be detailed, be specific, and name at least three.

Let’s examine the challenges:

1. When is it not going well?  Why?  What are you NOT thinking/ feeling/ doing that is allowing the challenge to creep in?  Are you trying to change and cannot?  Or are you not even trying to change?  What ARE the thoughts/ feelings/ actions that allow this “not well” state to exist and sometimes even thrive? Name the hidden benefits (at least three) of this reality for you. (Answer ALL parts to this question!)
2. What old beliefs were too powerful to overcome such that these challenges still exist?
3. What MUST the new beliefs be in order to sustain a change?

Your ask:

1. What would you like to work on in this session?  Be detailed, be specific.