

Questions for Reflection

(Please use as much space as you need to complete this form.)

Name: _____

Date: _____

What have you been wrestling with, or trying out since we last met?

What's a win that you've had?

What moved you forward?

Where are you feeling stuck?



What's holding you back?

What do you want to explore and work on during our next session?

What makes this important right now?

