

**Session Orientation** 

Name: \_\_\_\_\_

Date:

1. Since our last session I have made progress in these areas:

- 2. Things I'm procrastinating on are:
- 3. Barriers to progress or other issues to work on are:
- 4. Current opportunities to make use of and possible plans are:
- 5. This is what I want to focus on during today's session: