Story of My Week:

[Tell me what has been going on for you. Anything you think would be important for me to know]

Update for Goal 1:

[Update me on non-written actions you’ve taken to accomplish this goal. Also, any additional actions, developments, etc. that pertain to this goal area. What did you learn from your actions for this goal? What obstacles are you encountering?]

Possible Next Steps for Goal 1:

Update for Goal 2:

[Update me on non-written actions you’ve taken to accomplish this goal. Also, any additional actions, developments, etc. that pertain to this goal area. What did you learn from your actions for this goal? What obstacles are you encountering?]

Possible Next Steps for Goal 2:

Update for Goal 3:

[Update me on non-written actions you’ve taken to accomplish this goal. Also, any additional actions, developments, etc. that pertain to this goal area. What did you learn from your actions for this goal? What obstacles are you encountering?]

Possible Next Steps for Goal 3:

Wins & Insights:

Challenges/Questions:

What I have learned during this period:

My context for this session:

What I want to get out of this session: