

**NAME:**

**DATE:**

**COUNSELING PREP FORM**

**To get the most from your counseling session, e-mail this information to me at [Tamara@TamaraSuttle.com](mailto:Tamara@TamaraSuttle.com) 24 hours before each session.**

**MOVING FORWARD:** What I've focused on since our last session is . . .

**CELEBRATION:** What's working . . .

**IN PROCESS:** What I didn't focus on and still intend to is . . .

**CHALLENGES:**

**OPPORTUNITIES:**

**AGENDA:** My intention for this appointment is . . .

**GRATITUDE:** What I'm grateful for is . . .