



Counseling Prep Form

Name _____ Appointment Date _____

To get the most from your counseling session, reflect on the following questions and e-mail this information to me at jodygrande@hopeallianz.com 24 hours before each session.

MOVING FORWARD: What I have focused on since our last session is ...

CELEBRATION: What is working ...

IN PROCESS: What I did not focus on and still intend to is ...

CHALLENGES:

LEARNING OPPORTUNITIES:

AGENDA: My intention for this appointment is ...

GRATITUDE: What I am grateful for is ...