

# Session Planner

Date:.....

What would you like the focus of today's session to be?

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What would you like to achieve by the end of the session? Describe what you'll see.

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What's the plan of action?

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How do you feel about today's session?

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Did you achieve what you wanted to achieve today? If not, what obstacles got in your way?

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What have you learned during today's session?

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How do you feel after today's session?

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Other tasks prompted by today's session:

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