

**SESSION
PROGRESS
TRACKER**



Daniela Mierendorff

Name: _____

Date: _____

Session #: _____

POST SESSION	PRE SESSION	
What I Worked On Today	How My Life Has Shifted:	What Else Has Come Up:
My Homework (How Often?)	My Homework (If Any) Was:	
	<input type="checkbox"/> Easy <input type="checkbox"/> Moderately Easy <input type="checkbox"/> Hard <input type="checkbox"/> Totally Forgot	
	Comments? 	

ENERGY FLOWS WHERE YOUR ATTENTION GOES!

Describe the current feelings / states of being you want to release & move **AWAY FROM:**



Describe the feelings / states of being you want to move **TOWARDS:**



ON MY JOURNEY TOWARD THESE STATES OF BEING, I AM...

