## SESSION PROGRESS TRACKER



Name:_					D	ate:		Session #:			
POST SESSION				PRE SESSION							
What I	Worked On Too	day	Н	low My Life H	las Shifted:		Wh	at Else Has Come	Up:		
Му Но	mework (How C	often?)	IV	ly Homework	(If Any) Wa	as:					
	,			Easy		erately Easy					
				] Hard comments?	Totall	y Forgot					
				omments:							
			ENERGY F	LOWS WHE	ERE YOUF	R ATTENTION	GOES!				
Describe	e the current fee	elings / states of	being		Describe	e the feelings / s	states of	being			
you want to release & move <b>AWAY FROM</b> :   ▼			OM:	you want to move <b>TOWARDS</b> :							
<b>y</b>					*						
<b>y</b>					*						
		ON M	V IOUDNE	V TOWADE	THESE S	TATES OF D		0 B.A			
		ON W	TOURNE	TIOWARL	INESE S	TATES OF BI		4.IVI			
0	1	2	3	4	5	6	7	8	9	10	
Where to start?			Still a way to go			Almost there			I've arrived!		