SESSION PROGRESS TRACKER

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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:	
	☐ Easy ☐ Moderately Easy ☐ Hard ☐ 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…

○0 ○1 ○2 ○3 ○4 ○5 ○6 ○7 ○8 ○9 ○10

Where to start? Still a way to go Almost there I've arrived!

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