

Steps to Progress

When returning this form, please email to admin@luellajonk.com or simply print out to review in our next session.

In our session, what was the self-limiting belief or where you felt 'stuck' in your life?

Ex: Why did you come to see me today?

Self-limiting belief

Did you gain an insight about yourself that you had not yet realized? (Don't be shy – say it)

Yes! I realised:

Did you feel Empowered or Suffocated with that realization you experienced? Either way, we can take that emotion and use it to our benefit. That emotion, that thought, is 'just' a thought. It is a habit that we are either going to break or strengthen.

Empowered

Suffocated

Let's revisit your long-term goal now!

Long-term goal:

Okay, what were the steps we discussed in order to meet that long-term goal?

Step 1:

Step 2:

Step 3:

Before your next session, I want you to take some action to create that goal.

My next action step

My next action step

My next action step

My next action step

My next action step

