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:

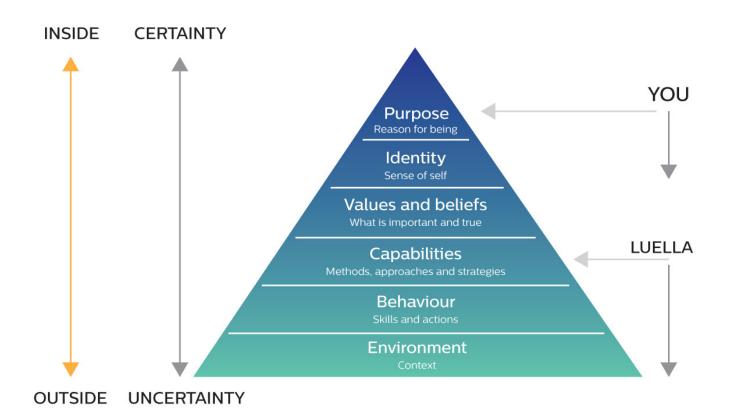
 Step 3:

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Registered Psychotherapist #004193 | Clinical Counsellor #3338 | Registered Speech-Language Pathologist #11475

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





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