

Pre-session accountability form

Name:

Today's Date:

What I want to celebrate (don't judge this, big or seemingly "small" steps include?) let it flow:

What self-care steps I have taken since our last session:

How have I nourished myself and what am I noticing in my body?

What inner shifts have occurred since our last session/What my inner wisdom is telling me:

The 3 action steps I will take between now and our next group session (and how will I stay connected with the end result?):

What would you like me to know before our next session together?

What am I doing to stay connected with my heart-centered resilience and elevation?