

**Pre 1-2-1 Session ‘Recap and Review’**

1. What have been your wins since your last session’s actions? (this could be what has gone well for you in terms of actions, what you are pleased about, how you have progressed…)
2. What are you proud of since the last session?
3. Were there any actions you did not take?
   1. What did you learn from this?
   2. What setbacks or difficulties were there when it came to taking action?
4. What challenges have you come up against since our last session / what has been your biggest learning curve?
5. What topic do you want to cover in the next session?

*Please complete and send back to me at* [*alice@alicedartnell.com*](mailto:alice@alicedartnell.com)