

Therapy check in

DATE _____

TOP THINGS TO DISCUSS

- ☐
- ☐
- ☐

WHAT TO DISCUSS NEXT TIME

- ☐
- ☐
- ☐

NOTES, DOODLES, RANDOM



3 THINGS I'M GRATEFUL FOR

- ☐
- ☐
- ☐

3 THINGS I CAN BE PROUD OF

- ☐
- ☐
- ☐

TODAY I FEEL

