

# *The Divine Creative*

## *Pre-session check-in*

Please complete this form as convenient after our session and return it promptly to [tdc@claregalloway.com](mailto:tdc@claregalloway.com). This will help me to continue to support you between sessions, and will help keeping your progress and your needs tracked. Review your answers again – both here and in our voicemail/ email conversations - before our next session. This will help you to benefit fully from the work.

What were your biggest takeaways from today's session?

Was there anything you forgot to mention that you need support with right now?

What goals do you have for the week?

What actions will you take this week, to move methodically towards your goals?