



REBOOT YOUR BRAIN

COUNSELING & COACHING

Therapy Session Prep Sheet

A quick check-in to help you use your session for what matters most.

Before session

You do not have to arrive with a perfect agenda. This sheet simply helps capture what has changed, what is taking up the most space, and what you do not want to forget to bring into the room.

Quick ratings: 0 = very low / none, 10 = very high / intense

Stress	0	1	2	3	4	5	6	7	8	9	10
Anxiety	0	1	2	3	4	5	6	7	8	9	10
Low mood	0	1	2	3	4	5	6	7	8	9	10
Energy	0	1	2	3	4	5	6	7	8	9	10
Sleep quality	0	1	2	3	4	5	6	7	8	9	10

The biggest thing that happened since my last session

The thought, feeling, or pattern I keep coming back to

One thing that went better than expected



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What I want from today

If we only talk about one thing today, I want it to be...

Something I have been avoiding, minimizing, or unsure how to say

A question I want to ask

One practical thing I want to leave with

After session

The idea or insight I want to remember

One action I will practice before next time