

# Session #12 Client Action Guide

## Empowering Lessons

**What are the most empowering lessons or realizations you want to take with you from this program?**

Write down 5 of the most important moments and lessons you took from these last 90 days.

1. \_\_\_\_\_

I learned: \_\_\_\_\_

2. \_\_\_\_\_

I learned: \_\_\_\_\_

3. \_\_\_\_\_

I learned: \_\_\_\_\_

4. \_\_\_\_\_

I learned: \_\_\_\_\_

5. \_\_\_\_\_

I learned: \_\_\_\_\_

## Going Forward

Over the next 90 days, I want to focus on feeling:

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What's important about that?

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The 3 new habits I most want to adopt:

- 1.
- 2.
- 3.

The support, stretch and accountability I need is: