**Session Bridging Worksheet**

In order to provide you with the highest quality of service and to ensure you are progressing forward towards reaching your desired goals please fill out this form as honestly as possible. Return to Luci at LuciMcMonagle@gmail.com at least 24 hours in advance. The goal of this form is to help you stay on track to moving forward to reaching your desires. It also helps me to ensure I am providing you with the right tools for your particular needs and goals. Be in a quiet space and fully present when we begin our coaching call.

**Name: Date:**

1. What stands out to you about our last session? Thoughts, feelings, insights?
2. On a 10 point scale, how would you rate the helpfulness or effectiveness of our last session? (1=not at all helpful/effective, 5=average, 10=extremely helpful/effective). Please explain.
3. What was helpful? What would have made the session more helpful or a better experience?
4. What work, or conscious steps did you take or consider taking since our last call? Did you discover anything?
5. Is there anything that you wanted to accomplish and did not?
6. What are your current challenges and/or concerns?
7. Was there anything that bothered you? Anything you are reluctant to say?
8. What was your week like? How would you rate your mood on a 10-point scale? (1=extremely low, 5=neutral, 10=extremely high)

Mode (the most predominant rating) =

Range (lowest and highest) =

1. What items, issues, challenges or positive changes do you want to put on the agenda for our next session?
2. How open were you in answering the above questions (0-100%)?
3. Anything else you’d like to add?