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THE Therapy FOCUS FORM

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By completing this Therapy Focus Form, you will be reviewing how your week has gone, your current concerns and goals. The process of putting it in writing enables you to become clear about how to best use your therapy. I, too, can become oriented to your situation before our session if you send it to me before our session. If you transfer this form to your word processor, you will be able to fill it out without space limitations. So please fax or email this form to me before our session.

Date _____

1. Since our last session I have:

2. What went well this past week and why:

3. Key challenges/Obstacles:

4. Current opportunities:

5. In today's therapy session, I most want to focus on:

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90-DAY GOALS

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What are the three to five goals you want to set for yourself for the next 90 days?

1. _____

2. _____

3. _____

4. _____

5. _____

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GOALS TO REACH IN THE NEXT YEAR

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What are your most important goals for the next year?

1. _____

2. _____

3. _____

4. _____

5. _____

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GOALS TO REACH IN THE NEXT 5-10 YEARS

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What are your most important goals for the next 5-10 years? What would you like your life to be like five to ten years from today? If you are not clear, feel free to save this for later. But if you can sketch out the outlines of the life you would like--especially allowing yourself to think big, as if you could not fail--what would it be like personally, professionally, socially, physically, spiritually. Where would you live? Whom would you be with? What would be your passions? I won't hold you to this. But I'd love to know what your life might be like. Remember this wisdom - we tend to overestimate what we can do in a year. We tend to dramatically underestimate what we can do in five to ten years.

1. _____

2. _____

3. _____

4. _____

5. _____
