YOUR FIRST THREE SESSIONS / RESOURCE 02

# Notice the small wins.

Use a few words after each session. This is a record of your experience, with no scores or targets to chase.

## Session 01

Date _____

**Before the session, I felt...**

**After the session, I felt...**

**One thing I noticed or felt pleased about**

Next time: ☐ repeat this session ☐ try the next one ☐ leave more time

## Session 02

Date _____

**Before the session, I felt...**

**After the session, I felt...**

**One thing I noticed or felt pleased about**

Next time: ☐ repeat this session ☐ try the next one ☐ leave more time

## Session 03

Date _____

**Before the session, I felt...**

**After the session, I felt...**

**One thing I noticed or felt pleased about**

Next time: ☐ repeat this session ☐ try the next one ☐ leave more time