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| **Name**  | **Date: Session:** |

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| **Long term Goal?** |
| **Session Goal?** |
| **Evidence of current Success** |
| **Summary of Next Steps** | **By When?** |
| **Your Key takeaways?** |
| **Always remember these are your goals, so feel free to tweak/ change them and never feel constrained by them. They are just here as a reminder for which ever path you want to take next. *You are only accountable to yourself. Believe in yourself and trust the process*.**  |