

Progress Sheet

The progress sheet for the daily assignment was filled out by the client and returned to me at the completion of the sessions.

The prompt 1 was given at the end of the first session; prompt 2 at the end of the second session.

Journaling Exercise

Prompt 1

Make a list of your special talent and gifts as well as weaknesses. How did each of them enrich or improve your life?

Date	Y/N?	Approx. time spent
Sunday, 11/21	Y	10 minutes
Monday, 11/22	Y	1

Prompt 2

Write down the good fortune and bad fortune you encountered in your life. Write out the ways that your life has been enriched or improved.

Date	Y/N?	Approx. time spent
Tuesday, 11/23	Y	5 minutes
Wednesday, 11/24	Y	5
Friday, 11/26	Y	2
Saturday, 11/27	Y	15 m

Breathing Practice and Meditation

Date	Y/N?	Approx. time spent
Sunday, 11/21	Y	5 minutes
Monday, 11/22	Y	5
Tuesday, 11/23	Y	1
Wednesday, 11/24	Y	5
Friday, 11/26	Y	3