



## Session Takeaway Notes

A few minutes afterwards, while it is still fresh. These are yours — bring any of it back if you want to.

*Progress does not have to be fast to be real.*

Date \_\_\_\_\_

### 1 What stood out most

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### 2 Something I am taking away

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### 3 What I am curious about for next time

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### 4 How I am feeling now, compared with before we started

Sessions can leave you lighter, heavier, or somewhere in between. All of it is information.

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*“A gentle reminder: progress does not have to be fast to be real.”*