



INTROSPECTIVE
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Journal

Session Notes

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APPOINTMENT SCHEDULE

Mon Date		Tue Date		Wed Date		Thur Date		Fri Date	
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
11		11		11		11		11	
12		12		12		12		12	
1		1		1		1		1	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
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Evening		Evening		Evening		Evening		Evening	

APPOINTMENT SCHEDULE

Mon Date		Tue Date		Wed Date		Thur Date		Fri Date	
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12		12		12		12		12	
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2		2		2		2		2	
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Evening		Evening		Evening		Evening		Evening	

APPOINTMENT SCHEDULE

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Evening		Evening		Evening		Evening		Evening	

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Mon Date		Tue Date		Wed Date		Thur Date		Fri Date	
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Evening		Evening		Evening		Evening		Evening	

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You offer clients a safe space, a listening ear, a model of compassion and acceptance. In return they offer you the deepest parts of themselves. You create an open door with your presence. Your willingness to witness their truths, gives them courage to build their lives.

Take good care of you, courageous one.

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