

Tip sheet – helping your provider to help you

You can make notes using the prompts below to help get the most out of your time with your provider.

Session start:

Your goal with this provider is _____

You and your provider are working towards this goal by _____

This session will help you to _____

Session end:

During this session you and your provider worked on _____

Successes and challenges _____

Your next session is on _____

Before your next session, your provider needs to _____

Before your next session, your provider has asked you to _____
