# Therapy Journal

## Date:

## Focus of Today’s Session:

## My Takeaways:

### Today I learned:

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### What stood out for me today:

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## My To-Do List/Homework

### Goal(s) for the week:

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### How will this goal help me reach my therapy goals?

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### Barriers that could make my goal(s) more difficult to achieve:

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### My plan for dealing with the barriers:

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## Goal Review

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| Goal | Self-Rating (out of 10, % or Letter grade) |
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### What went well this week?

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### What areas could I improve on?

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### Where there any barriers that I didn’t anticipate that interfered with my ability to complete my goals?

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### What I learned this week:

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### What changed this week:

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### What was easier this week:

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### What was challenging this week:

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## Session Planning

### What I would like to focus on next session:

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