Progress & Encouragement

Client encouragement | Notice the changes that a scale or checklist can miss.

Choose your own markers

Progress can include confidence, consistency, enjoyment, and clearer communication. Choose markers that matter to you.

This week I noticed

What felt easier? Where did I feel more confident or supported?

Evidence of progress

Date | Action I took | What helped | What I learned

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Client encouragement | Notice the changes that a scale or checklist can miss.

Meet a setback with curiosity

What got in the way? What support or smaller step could help?

Ask for support

Who can encourage me? What specific support would I like to request?

Carry one thing forward

One practice I want to keep, and one thing I am ready to change: