

INTEGRATION CALL NOTES (STUDENT COPY)

Client Name _____

Call Date _____

Reflecting on how this pattern was affecting your daily life before the Transformation session, have you noticed any of those things begin to shift or change? If so, what and how?

What were some of the unmet needs or unhealed feelings that came up in your Transformation session? How can you make time daily or weekly to give yourself the care, safety, attention, freedom of expression, love, or anything else you needed that you didn't receive previously?

What wisdom, insight or clarity came up in your Transformation session? How can you begin to apply that to your current situation? What are ways you can use this wisdom moving forward?

Notes or details about next process:

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