

Is there still anything you would like to work on?

Sometimes there are areas you may still like to see change in. These may be goals you set at the start of treatment that you would like to work on further or perhaps things you would now like to do.

What do you still want to do?

How will you do it?

When will you do it?

Are there any resources you need to do it?

What things may get in the way of doing it and how can you overcome this?