

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WHAT'S BEEN BENEFICIAL IN YOUR SPIRITUAL WALK SINCE WE LAST MET?**

**WHAT'S BEEN HELPFUL IN YOUR SELF-CARE (DIET, EXERCISE, REST)?**

**GREATEST VICTORY SINCE WE LAST SPOKE:**

**GREATEST CHALLENGE SINCE WE LAST SPOKE:**

**UPDATE FROM LAST SESSIONS ACTION STEPS:**

*Action committed to progress update.*

- 1.
- 2.
- 3.
- 4.

**CHECK IN ON 6X8 PROGRESS**

*6x8's are your top 6 focuses over the next 8 weeks.*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# HOT TOPICS

Hot topics are non 6x8 issues, challenges or opportunities that need a conversation

- 1.
- 2.
- 3.
- 4.

## ACTION STEP ONE

WHAT	WHEN	WHO

## ACTION STEP TWO

WHAT	WHEN	WHO

## ACTION STEP THREE

WHAT	WHEN	WHO

## ACTION STEP FOUR

WHAT	WHEN	WHO