

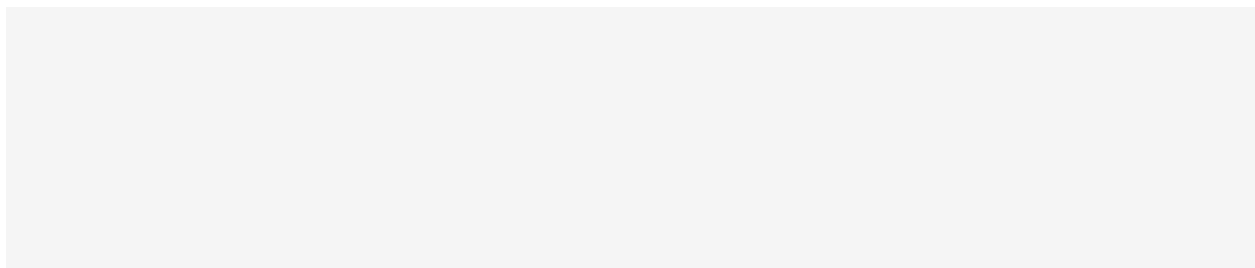
# SETTING SESSION INTENTIONS

*These questions are designed to help you reflect and get clear on what you want to focus on in your session.*

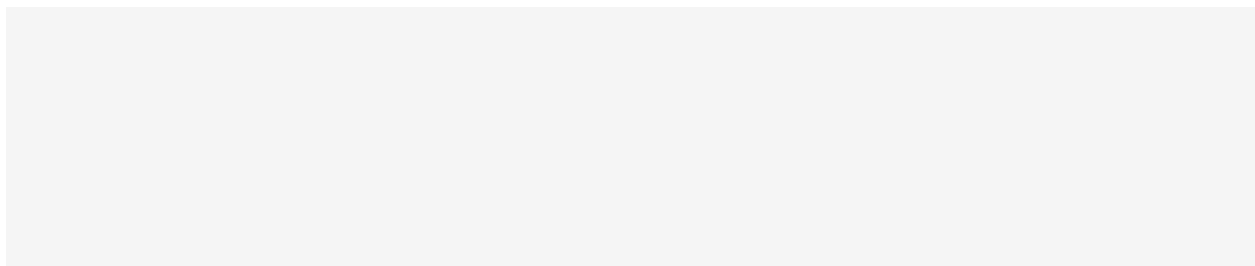
*Thinking about / answering them, will give you a deeper awareness of what you want to overcome and how you want to feel with your horse.*

*Have fun with it, let go, let it flow and go with whatever comes up!*

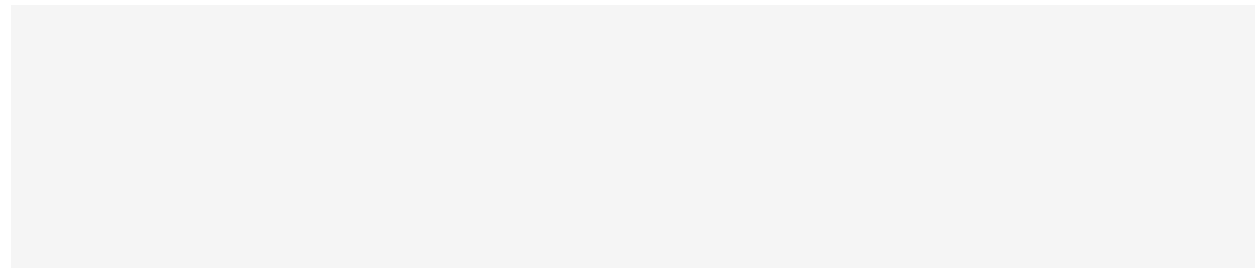
HOW HAVE THINGS BEEN WITH YOUR HORSE OVER THE LAST WEEK?



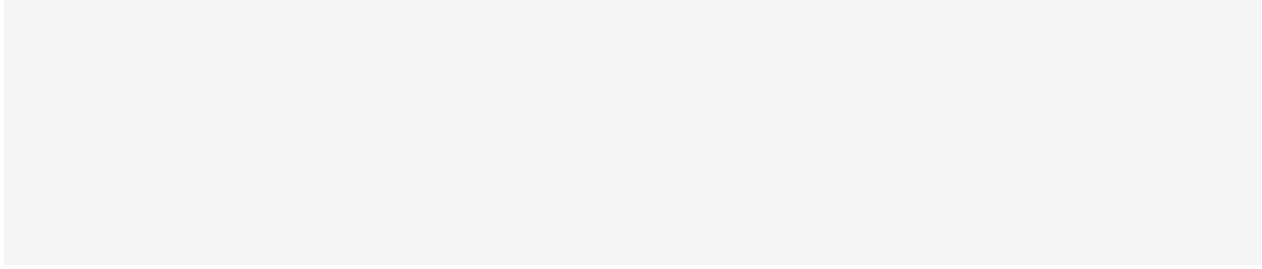
HAVE THERE BEEN ANY EXPERIENCES THAT WERE PARTICULARLY POSITIVE?



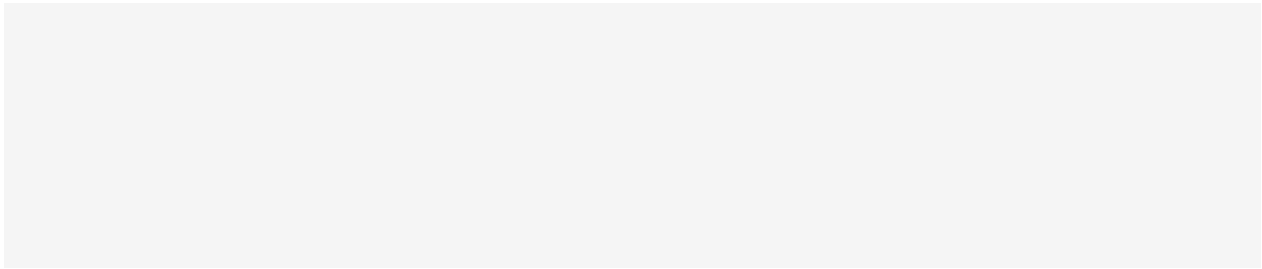
HAS THERE BEEN ANY EXPERIENCES THAT WERE PARTICULARLY CHALLENGING?



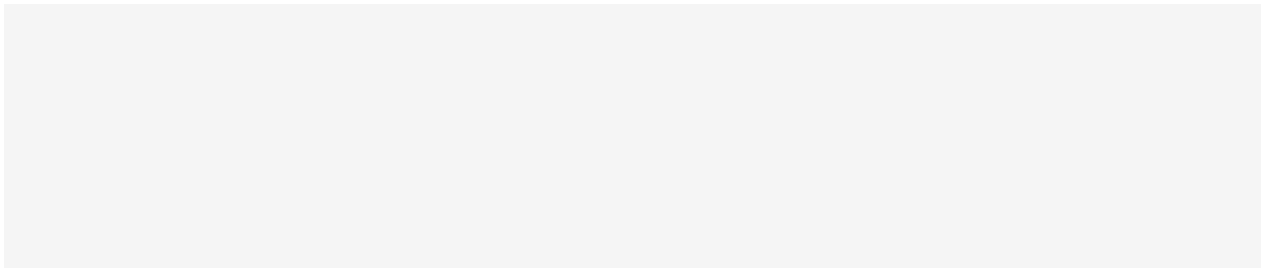
HOW DID YOU DEAL WITH / OVERCOME THIS CHALLENGE?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.

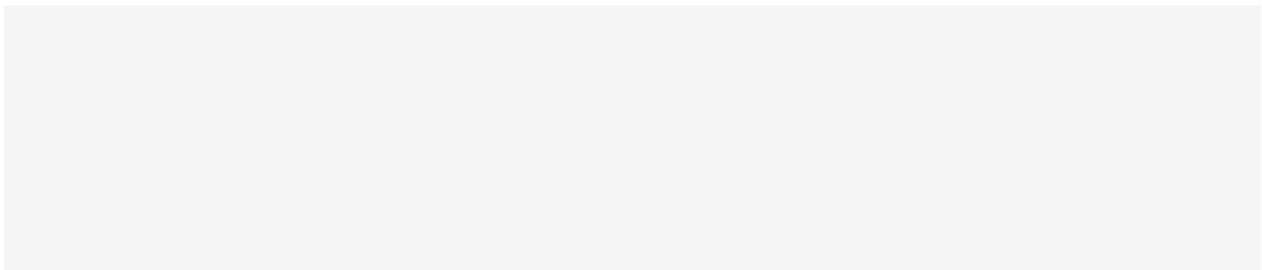
IS THERE ANYTHING NEW YOU HAVE LEARNED OR HAS COME UP IN THE LAST WEEK?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.

IS THERE ANYTHING YOU WANT TO EXPLORE IN THE NEXT SESSION?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.

IS THERE ANYTHING ELSE YOU WANT TO SHARE?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.