

iACTcenter



Strategy and Planning Session

Sample Email to Send Client Before the S & P Session

Subject: _____

Dear _____,

To get the most from the Strategy and Planning Session, I ask you to consider the following six questions before our meeting. Please spend some time and think about or write down your responses. You can share your thoughts with me when we meet.

- 1. What needs to happen in this strategy session for you to feel it has been a valuable use of your time? In other words, what would be the most important thing you could "take away" from this meeting?*
- 2. In what ways do you see your ADHD creating challenges for you?*
- 3. In the next 1-3 months, what changes would you like to see happen in your life? What things do you want to get done? What milestones do you want to reach?*
- 4. How will you feel, or what positive benefit will you enjoy when you have made these changes or reached these milestones?*
- 5. Previously, what have you tried that has not made any long-lasting difference in decreasing the problems/challenges/struggles you are currently experiencing? What has worked?*
- 6. Finally, how will you feel, or what will things be like a year from now if nothing has changed?*

I look forward to talking soon! Sincerely,

Your Signature

P.S. _____