

**Jetson Counseling**

636 St. Anne St.  
Rapid City, SD 57701  
(605) 718-5500

Name: \_\_\_\_\_ Program Date: \_\_\_\_\_

Identified Issues: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Areas Explored: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Identify Five Strengths You Have: 1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_  
4) \_\_\_\_\_  
5) \_\_\_\_\_

Personal Support System: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Ways to continue Self Learning: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date