

## Evaluation

Question	Answer, issues to be discussed, current strategies	Suggested strategies
<p>Are there value estimates from the deposits and withdrawals discussion that need to be corrected?</p> <p>Perhaps there are days or weeks that should be balanced, but do not seem to be in reality.</p>		
<p>Are there any points to be made from monitoring systems that have been put in place? (For example, changes in stress/well-being symptoms, tracking notes.)</p>		
<p>Are there any notable patterns emerging from daily tracking, colour coding or other sources of information?</p> <p>Look for stress or well-being symptoms that occur on specific days, times of day or in specific circumstances.</p>		

Are there any strategies that seem to be working badly, are hard to execute/ implement?

Which strategies seem, at the moment, to be providing the best pay-off?

Which points or topics from former sessions have been most beneficial to accessing new strategies or perspectives?

Are there any key deposits or withdrawals since the last session that should be discussed?