

Professional Potential - Receiving Log

Name: _____ Date: _____ Session Length: _____

Therapist's Initials _____ Professional or Student (Circle One)

What is your intent for receiving this massage?

What did you first notice when coming into contact with the therapist?

Comment on non-verbal communication:

Comment on verbal exchanges before, during and after the session.

What did you learn or re-learn about your body?

What feedback could you or did you give to the therapist?

Where there any issues you ignored or avoided? Why?

Additional comments:

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Meditation Summary

Suggested meditation time is a minimum of 5 minutes per day

Week Ending _____

	Date	# Mins	Form	Notes
1				
2				
3				
4				
5				
6				
7				

Use this chart to reflect on your meditation practice each week.

Please submit this summary weekly.

The ability to focus and quiet the mind is an essential component of being a massage therapist. This is an important discipline to develop.

Professional Potential – Journal Assignment - Class 4

Name: _____

5. Describe your reactions to what you learned in class this week.

6. Did you apply the principles you learned in your life this week?
If so, how? If not, why not?

7. Do you have questions about the material covered?

8. Any other comments you would like to share?

