

**Hypnotherapy/Rapid Transformation/Energy Psychology/Psychotherapy Worksheet**

1. Please list your goal, and be as specific as you can:

My goal is: \_\_\_\_\_

\_\_\_\_\_.

- 2. Just for a moment, imagine what you and your life are like when you successfully achieve your goal. This may take a bit of practice. Whatever you imagine for whatever length of time you imagine it is just fine. Learn to be positive. Whatever you do is fine. Before our first session, do this as you fall asleep, as soon as you awaken and again after you brush your teeth (you may need to write a reminder to do this on an index card).
- 3. Whenever you turn a light on, anywhere, imagine your success.
- 4. Please complete this form and bring it to our first session.

(Take some time to do this each day until our appointment, and then please bring it to our initial consultation. Continue on the back of this sheet as more thoughts arise.)

In this column, please list all of the places, people, sounds, scents, fragrances, aromas (of places or things), textures, or anything else that brings you real happiness, pleasure, relaxation, a sense of calm, strength, pride, or self-confidence.

In this column, please list all of the places, people, sounds, scents, fragrances, aromas ( of places or things), textures, or anything else that brings you fear, unhappiness, anxiety, sadness, uneasiness, embarrassment, weakness, less self-confidence, anger, resentment, frustration, or anything else you consider to be negative.