



GreenMountainHypnosis

Thank you for choosing Green Mountain Hypnosis.

The focus of our sessions is helping you get from where you are to where you want to be, and the following information will help guide our process.

Please List Seven Benefits of Making the Change you Want:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What is your 1 month goal regarding this issue? _____

What is your 1 year goal regarding this issue? _____

What is your 5 year goal regarding this issue? _____

Please fill in the blanks:

“When I get better, I stand to lose _____.”

“If I wasn’t _____, I’d be much happier.”

Client Name: _____

Date: _____

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