



Hypnotic Intentions:

Your subconscious mind, the part of the mind you're going to access during hypnosis, is the goal- or action-oriented part of your mind. As a result, it's best to get clear about your goals or intentions prior to starting your hypnotic process.

Please put your measurable goal(s) in priority order below, e.g., "as a result of our work together, I intend to permanently release 20 pounds of excess weight within 10 weeks."

As a result of my hypnosis session(s) I intend to....

1) _____

2) _____

3) _____

Once you have your goals outlined it's recommended that you spend a few minutes per day, prior to your sessions, visualizing yourself having achieved your goals and experiencing all the benefits of your success.

PLEASE bring this completed form with you to your first session.