

Goal Statement Worksheet

Hello,

We are so glad you've decided to reprogram your mind!

You've got a bit of homework to do before your first session. Please fill out this worksheet.

After you watch the two hours of video here <https://danielsweetnlp.com/getting-ready-for-your-first-appointment>, you will understand the mind change process and the science behind it. So then we can jump right into your session without lots of explanation time.

We want you to get the very most out of your balance session and that takes some planning. The million dollar question for your balance sessions is, "What do you want different in your life?" If we gave you a magic wand with 10 wishes, what would they be? Remember, it's not about what you don't want, but what do you want.

Write 10 Goals Here:

Please write your goals in this format: first person, present tense, powerful, short and emotionally meaningful. (i.e. "I am so happy!")

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**** Please email this list of goals to your Daniel Sweet at least 48 hours before your first session.

Here's to Being Happy and accomplishing all your goals!