

## Goals and Benefits Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What do you want to accomplish in hypnosis? What changes do you want to see? Be as specific and detailed as possible.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List Seven Benefits of Making the Change you Want (Example: Name a few things you enjoy doing that you could do more of? Describe how your life will improve physically and mentally, etc. These are just examples!). Details important!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

For primary goal listed above, please answer:

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?

• \_\_\_\_\_

• Finish sentences:

• If I get better, I stand to lose \_\_\_\_\_

• If I wasn't \_\_\_\_\_, I'd be much happier.

Name some of the strengths/resources that you have that you can use in making the change you want?

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

Name the greatest obstacles you may have had/have concerning making the change?

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

Tell me 5 things about yourself, your character, your values, and what makes you tick.

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_