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Thank you for choosing Taking Notice Now for Hypnosis.

Please complete this form as best as you can. 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:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

What is your 1-month goal regarding this issue?

1 year goal?

5 year goal?

Name _____ Date: _____