



Hello.

Welcome to Balanced You!

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

The million-dollar question for a 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 what you don't want, but what DO you want.

My 10 goals are:

Please write your goals in this format: first person, positive, present tense, short and emotionally meaningful.

(ie, I feel so happy all the time! Or I easily make \$x per month or I forgive \_\_\_ and feel calm or I sleep easily and peacefully or All the pain in my \_\_\_\_\_ is gone.)

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

\*\*\*\*Please upload this sheet to the client portal or message us a typed list with your goal also through the client portal, <https://go.thryv.com/site/balancedyou>.

Here's to Happy and accomplishing all your goals!

Blessings-

Balanced You