



Hello. Welcome to Balanced You™.

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

The million-dollar question for a balance session 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.

Please write your goals in this format: first person, positive, present tense, short and meaningful. Ie, I feel so happy all the time! Or I easily make \$X per month.

- 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>.

To You Ultimate Success- Jenny and the Balanced You™ team



Method/Procedure/Informed Consent/Pricing/Release

Balanced You™ facilitator uses the Balanced You™ process to help our clients reprogram their minds, changing their subconscious beliefs. We have additional online programs, group coaching, masterminds and more to support our client's personal and professional needs. We work together for your success.

We assist our clients using the Balanced You™ process for all areas of success, health and happiness.

As with any method, results vary and are not guaranteed.

The Balanced You™ process is not to be used in place of medical treatment but as a supplement to it.

The Balanced You™ method is practiced using applied kinesiology. If working in person, you give your Balanced You™ facilitator permission to touch your arm and shoulder for a muscle test. This process can be done in person or remotely and our clients report the same results.

Balanced You™ has many program options to suit your specific needs. Please have a complementary 30-minute Balanced You Intro call to find out what program is best for you.

You will get phone and email reminders about your scheduled appointments. You can easily cancel or reschedule with a link on the reminders you receive at least 24 hours before your appointment. There is a \$75 cancellation/reschedule/missed appointment fee that will be billed to you, if you miss, cancel or reschedule your private appointment within 24-hours or less of your appointment time, that you agree to pay.

All purchases are non-refundable with a 3-day right of rescission. There are no refunds if a client completes our program or not. Purchased programs and sessions are not transferable or sharable except with express written consent by Balanced You™.

All sessions are confidential. However, we may share generic information for explanation purposes in marketing, advertising, blogging, speaking etc. If you do not want even generic information about your potential great results shared, please let us know.

I acknowledge that I have read and understand the above set forth by Balanced You™.

Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Balanced You™ and all its employees from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with our session(s).

Client Name, Print	Client Name, Sign	Date	
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Address	City	State	Zip Code
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Please upload this page with your goals page into the client portal at <https://go.thryv.com/site/balancedyou>.