



**Linda Weisner, C.Ht.**

1151 Dove Street, Suite #160  
Newport Beach, CA 92660

**(714) 396-9418**

This worksheet will help you prepare for your first session. Please fill it out to the best of your ability, there are no right or wrong answers. And make sure to **bring it with you to your first appointment.**

***"I believe that when you focus your attention on your intention,  
you become the most powerful ingredient in your own recipe for success".***

Start by making a list of what is **NOT WORKING** for you right now.

**Physical Symptoms:** (i.e.: muscle tension, difficult breathing, discomfort, over weight etc.)

**Mental Symptoms:** (i.e.: worries, self criticism, negative thoughts or fears, over thinking, etc.)

**Emotional Symptoms:** (i.e.: negative feelings about yourself or others, anger, frustration, hurt, loss, anxiety, fear etc.)

Now: **Make a list of how you want to be when the problem or issue is resolved.**

**Physically how you will be:** (i.e.: relaxed, breathing easily, free from a habit, more energy etc.)

**Mentally what type of positive thoughts will you have:** (i.e.: I am successful, I am happy etc.).

**How will your mind be:** (i.e.: clear thinking, focused, good memory, etc.)

**Emotionally what type of positive feelings will you experience:** (i.e.: relieved, powerful, confident, happy etc.)