

My Personal Outcomes

Name _____ Date _____



Fill out this form honestly and thoughtfully. Take your time. The more effort you put into defining what you want, the more easily it will manifest for you!

Bring this form with you for your initial consultation or first session. It will help to define where you are and where you want to go, and start moving in that direction.

The top three short-term goals I have for myself: (the more specific, the better)

1)

2)

3)

My long-term goals for myself:

Once I have achieved these outcomes, I know my life will be different. Specifically, here's how I believe my life will be different: (for example, I'll be happier, healthier, have more friends, feel more connected/spiritual, feel better about myself, etc.)

Here's what I am willing to do to achieve my outcomes:

Thank you for taking the time to specify your outcomes. Remember to bring this form with you.

Helping people get what they want and get rid of what they don't want, using the tools of NLP (Neuro-Linguistic Programming), mind-body coaching and hypnotherapy.

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