

# My Personal Outcomes

Name \_\_\_\_\_ Date \_\_\_\_\_



Fill out this form honestly and thoughtfully. Take your time—but not too much time! 5-10 minutes ought to do it. It would be best if you print it and fill it out by hand.

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.

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

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## 2) My long-term goals for myself:

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## 3) 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.)

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

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

Helping you Change your Mind—and Keep the CHANGE!

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