**Achieve your goal**

Self-hypnosis programme (to be used alongside your physical activity or physical recovery programme)

**Personal record of my progress towards my goal(s)**

**INSTRUCTIONS**

1. Download this form and save.
2. Fill in digitally or print out several copies:

* Before you start the hypnosis programme: fill one copy in to capture where you currently are at with the following questions.
* Then complete the form again as you progress towards your goal(s) to keep a record of your progress (eg after you’ve listened to each module at least once, then one month in, two months in etc)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date: | 0%  Not / none  at all | 20% | 40% | 60% | 80% | 100%  Completely |
| How clear I am about my goal(s) / what I realistically want to achieve |  |  |  |  |  |  |
| How easily I can imagine or sense what success will be like when I achieve this |  |  |  |  |  |  |
| How clear I am about what **I can do** to help myself reach my goal |  |  |  |  |  |  |
| My motivation to achieve my goal |  |  |  |  |  |  |
| My level of confidence to reach my goal |  |  |  |  |  |  |
| My ability to relax mentally when I set aside time to do it |  |  |  |  |  |  |
| My ability to relax physically when I set aside time to do it |  |  |  |  |  |  |
| My overall feeling of well-being |  |  |  |  |  |  |
| *Any other notes / observations you’d like to record:* | | | | | | |