

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%	20%	40%	60%	80%	100%
	Not / none at all					Completely
How clear I am about my goal(s) / what I <u>realistically</u> 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 <u>I can do</u> 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						
<i>Any other notes / observations you'd like to record:</i>						