

First mind, then body...

You are well on your way to losing weight and feeling great! As we begin this journey together, I cannot stress enough the importance of following this protocol. Healthy weight loss is a gradual process that works best when focusing on overall health and wellness, rather on merely losing weight. This is why, it is crucial to begin first with focusing on positive thinking and healthy eating.

Although results are never guaranteed, using hypnosis to lose weight is very effective when given your full cooperation. It is my job to provide quality hypnotherapy sessions for guiding you in reaching your goal and maintaining a healthy body weight for the rest of your life. If this sounds like something you are ready for, do your homework and I'll see you at the office!

Brian J. Sheesley, CCHt
Hypnotherapy Here & Now, LLC



*For best results, review this material prior to your first session.
Please take this seriously; trust the process & believe in yourself!*



Highlights

- ★ Plan for at least three sessions, more maybe necessary for best results.
- ★ Each session is like sculpting a statue:
 - ▶ Sometimes, chipping away at different angles.
 - ▶ Sometimes, breaking off big chunks.
 - ▶ All the time, making progress in uncovering the masterpiece within!

Elements of Health & Wellness

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|--|---|--|
| ★ Physical <ul style="list-style-type: none"> ▶ Nutrition & hydration ▶ Fitness & rest | ★ Spiritual <ul style="list-style-type: none"> ▶ Strong belief system ▶ Prayer & meditation | ★ Social <ul style="list-style-type: none"> ▶ Encouraging ▶ Supportive |
| ★ Emotional <ul style="list-style-type: none"> ▶ Peacefulness ▶ Relaxation | ★ Environmental <ul style="list-style-type: none"> ▶ Safe ▶ Non-toxic | ★ Mental <ul style="list-style-type: none"> ▶ Hobbies ▶ Habits |

Remember

- ★ Your body is a machine; it is not at fault.
- ★ Your thoughts & emotions control your body.
- ★ Your subconscious mind controls your thoughts & emotions.
- ★ *You must **first** change your **mind**, then your **body** will naturally lose weight.*

Let's start planning now!

Things to consider for reaching guiding your weight-loss goals:

Current Body Weight? _____ lbs.

Current Date: _____

Target Body Weight? _____ lbs.

Target Date: _____

Bad Foods You Are READY to Stop Eating

Healthy Foods You WANT to Eat

Physical Activity You CAN & WANT to Do

<i>Type of Activity</i>	<i>How Much, How Often, etc.</i>