

Conscious Completion, Inc. * Pre-Session Form for work with Laurel.

Session Date/Time: _____ Call: 425-572-0224 at your session time.
(This is for you to keep, use between sessions and bring to your session to refer to.)

Current questions and/or concerns you want resolved:

Symptoms, issues, or current conditions/experiences you wish to note between sessions:

Limiting beliefs to clear?

What has helped you detach from old limiting beliefs and judgments?

What was helpful from your last session?

Between sessions your body and nervous system are finding a “new normal”. To enable your new energy field to form and the best version of you to come forth stay free of judgments, notice all improvements even if they are small and stay open to new possibilities. Allow yourself to be where you are at, witness and breathe.

What is different, better, or interesting that you want to continue to grow?

New virtues you are practicing or want to practice more of?

Anything you notice that you want to note about the sensations you are marinating in for 3 weeks?

New wishes and/or goals you want to manifest:

Anything you need to tell me about new meds, herbs/diet changes/exercise changes/sleep changes **(pls email me new tx plan from doctor/practitioner)**:

What has changed or is changing because of your prior session/or since your prior session:

What additions have you made to your new energetic field/how are you more in alignment with your heart's desires?

Any additional generational information you were able to find out from your family:

Any additional life events your remembered which would be helpful for you to share with me:

Any questions you have for me?

For extra support see the Resource page. It is helpful to re-read the Free Intake Session page before your session. Way to go doing your personal work!!! The dividends are endless, and they billow out to us all! (-: