



Name: _____

Address: _____

eMail: _____

Phone: _____

Skype: _____

Birth date _____ Birth City, State, Country _____

In order to track your progress, please rate the following sections on a monthly basis.
 Use a rating scale of 1 - 10, with a value of **1 = Poor** and **10 = Ideal**

CATEGORY

RATING EACH MONTH

SymptomS	MONTH											
	1	2	3	4	5	6	7	8	9	10	11	12
1. _____												
2. _____												
3. _____												
4. _____												
5. _____												
6. _____												

List and rate your desired health spiritually, mentally, emotionally, physically, with realtionships and economically.

Desired Outcome

	1	2	3	4	5	6	7	8	9	10	11	12
1. _____												
2. _____												
3. _____												
4. _____												
5. _____												
6. _____												

Commitment level to your desired health?
 If your commitment to your desired health is not a 10, please explain. Are you willing to change this?

Spiritual

- How open are you to receiving guidance, dreams?
- How well do you follow guidance, dreams?
- How connected do you feel with God, by any name?
- Degree of oneness you feel with God, by any name?
- Willingnes to daily visualize desired health?
- Willingness to do daily guided meditation?

	1	2	3	4	5	6	7	8	9	10	11	12

Please refer to the video **Find God, Embracing the Miraculous** at:

http://www.holistictherapiesinc.com/holistic-health-videos/#.T827yr_5tRA

Mental

- How successful do you feel about your life?
- How positive are your daily thoughts?
- How much do you worry?

	1	2	3	4	5	6	7	8	9	10	11	12

