

GOALS SHEET

After treating thousands of patients over the last 15 years I see how sickness, pain and just being unhealthy affect people's lives. When someone is suffering with ill health we have found that they only have one goal, and that is to feel better. We also have seen over time the transformation that takes place with our patients when they go from ill health (pain, fatigue, headaches, digestive issues, sciatica etc) to vibrant health, full of energy and excitement about their health and what they are now able to do because of it. We have seen when patients are healthy they now have many goals they can achieve, family, travel, hobbies, sports, business opportunities and more, please write down a few goals as to why you want to take care of your health condition now and what this might allow you to do.

1. _____
2. _____
3. _____
4. _____
5. _____