



Name _____ Date ____ / ____ / ____

Personal Development Checklist

Would you like to...

- Solve emotional conflicts?
- Master relaxation skills for
 - relieving tension?
 - stress?
 - anxieties?
 - phobias?
- Ease the pain of separation?
 - loss?
- Cultivate communication skills in
 - personal relationships?
 - social activities?
 - job/professional interactions?
- Deal with women's/men's issues involving
 - discrimination?
 - sexuality?
 - sexual concerns?
- Regain control of your life, and stop
 - being a victim of violence and/or abuse?
- Work through a mid-life crisis, or
 - other transitional turning point?
- Overcome shyness?
- Cope with career/job burnout?
- Resolve problems that interfere with
 - your potential for full intimacy?
- Experience inner healing from
 - depression and anger?
- Become a non-smoker?
- Develop weight control skills?
- Become more energized?

- Gain powerful and healing insights
 - through regression work?
- Expand your creativity?
- Evolve self-acceptance and pride
 - in a sub-cultural environment?
- Learn pain management techniques?
- Understand and improve emotional
 - response to chronic poor health?
- Other?

Did you check one or more of the above categories?
 Would you like to discover how you can enrich the quality of your life? . . . Experience increased emotional health? . . . Enjoy greater peace of mind?

Feeling overwhelmed? . . . Or experiencing a personal growth crisis? The first step is to identify each area of concern. Feeling out-of-control is often the result of acute stress. Both psychological and physical health is usually undermined.

Take charge of your life NOW . . . in areas of your choosing . . . through Short-Term Holistic Counseling! Proven successful! . . . Plus, you will love mastering easy-to-learn, rapid-change techniques made available to you.

Please, ask me for more information now!



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