

*"I caught sight of myself in a shop window after one of the sessions and realised I had got 'me' back again!"*



# Daily Check-In / Check-Out Exercise

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As it suggests, this is a DAILY exercise, you should get into the habit of completing this every day. Best times to do it are first thing in the morning when you wake up and last thing at night before you put your hypnotherapy track on to go to sleep.

## Morning Check-In

1. What am I most grateful for today?
2. Today my dominant feeling is .....
3. My intention today is to .....
4. Universe, please .....
5. Wild Hair Intention – Make it big, make it wild, make it your dream

## Calibration

- 1 Top 3, One Year goals
- 2 Top 3 Five Year Goals
- 3 Top Quarterly Goals
- 4 Top Monthly Goals
- 5 Top Goal this week
- 6 Top MVPs (Most Valuable Projects) for Today.

## Evening Check-Out

1. What, if anything, needs to be carried over to tomorrow?
2. What needs to be added in light of what showed up today?
3. What can be scratched that I no longer need to do?
4. What three things show me I'm working towards my goals?
5. What am I most pleased about today and why?
6. Dear ... (Write about something you want to happen as if it has already happened)
7. Sign and Date it