**FIX-IT-LIST TEMPLATE**

Your first appointment, PREP 1, is where your Practitioner will be asking you for your Fix-It-List. This is a list of all things in your life that are not working as well as you would like - in your Life, in your Mind and in your Body. So, in preparation for this, can you please compile a list of issues, ailments and things that are not working, that you would ideally like to get sorted, and write these in the negative form. Please follow the examples below:

* *Career – “Stressed showing up for work. Not sure if this is my suitable career.”*
* *Sleep – “I go to sleep but wake up at 3am with a busy mind and can’t get back to sleep. Waking up tired.”*
* *Pain – “Have pain in my lower back, in my right knee. It’s debilitating and I need to take pain killers for it.”*

Add as many lines as required, with one issue per line. Then email your Practitioner with your list prior to your PREP 1 appointment.

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| **Life:**  1.  2.  3.  4.  5.  6.  7.  8.  9.  10. |
| **Mind:**  1.  2.  3.  4.  5.  6.  7.  8.  9.  10. |
| **Body:**  1.  2.  3.  4.  5.  6.  7.  8.  9.  10. |
| **Diagnosed Disease, Disorders or Dysfunctions:**  1.  2.  3.  4.  5. |
| **What are your ‘Top 5 Priorities’ from the lists above:**  1.  2.  3.  4.  5. |

Note: On average clients have around 20 - 30 items depending on their issues and ailments. The more you put on the list the better, as it gives us a good point of reference for your transformation and growth.