



- Do you have any “looping” or repetitive thoughts throughout your day?
- Are there “patterns” in your life that you seem to repeat? Any addictions?
- Do you have relationship patterns with others that you seem to replay over and over again?
- Do you remember your dreams? Are they pleasant or disturbing?
- Do you replay arguments or conversations with others in your head repeatedly?
- Are there yearnings or dreams or goals that you have in your life that are yet unrealized?
- Do you have a “direction” in your life that is fulfilling? Or, do you seem to spend a lot of time pleasing others or working towards other’s ideas or goals?

- Do you have abundant joy or passion in your life? What brings you joy? Are you missing joy?
- Do you love your job or career or would you like to do something different?
- Do you need help making a decision about something like what job to consider or if you should move house?
- Do you have a great interest or curiosity about any specific subject in your life in which you would like more information?
- Are you working on a skill or talent and would like to expand that skill or talent?
- How would you like your life to be different than it is right at this moment?

Take some time to write out your answers to the above questions or write any relevant thoughts about your life to come up with a basic intention for your session. Remember that your intention for having a session may end up being different than the one with which you started. Additionally, sometimes your focus and intention can *change* before your appointment date. This is normal and actually quite wonderful. It means that your team and your practitioner's team have already heard you clearly and your higher aspects may have made shifts or adjustments already. This is just another super great reason to take the time to write out your answers to these questions long before your appointment day arrives.

We hope this exercise has been helpful. Best wishes to you on your quantum healing session!

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