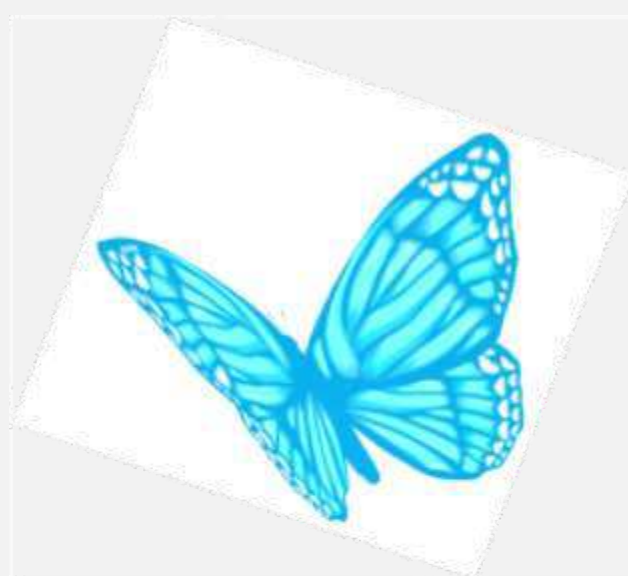




FREE YOUR
MIND
CHANGE YOUR **LIFE**



THE HYPNOTHERAPY CLINIC

Video Training Series

The *Free your mind,*
Hypnotherapy
Change your life **Clinic**



Smart Goals

SMART Goals Worksheet

These smart goals are straight out of the [Never Diet Again](#) Bonus Kick Start Module. Specially designed to give you the right start!

Specific

Does your goal clearly and specifically state what you are trying to achieve?

If your goal is particularly large or lofty, try breaking it down into smaller, specific goals.

Measurable

How will you (and others) know if progress is being made on achieving your goal?

Can you quantify or put numbers to your outcome?

Attainable

Is achieving your goal dependent on anyone else? Is it possible to reframe your goal so it only depends on you?

What factors may prevent you from accomplishing your goal?

Relevant

Why is achieving this goal important to you? What effect will achieving your goal have on your life or on others?

Time-bound

When will you reach your goal? Again, if your goal is particularly large, try breaking it down into smaller goals with appropriate incremental deadlines.



Smart Goals

Today's Date: _____

Date by which you plan to achieve your goal: _____

What is your goal in one sentence? (What's the bottom line?)

The benefits of achieving this goal will be...

Verify that your goal is S.M.A.R.T.

Specific:

What exactly will you accomplish?



Smart Goals

Measurable:

How will you (and others) know when you have reached your goal?

Attainable:

Is attaining this goal realistic with effort and commitment?

Do you have the resources to achieve this goal? If not, how will you get them?

Relevant:

Why is this goal important to you? Hone in on why it matters.

Time-bound:

When will you achieve this goal?



Smart Goals

ACTION PLAN

What specific steps must you take to achieve your goal?

Task / to-do item	Expected Completion date	Actual Completion date

This may just get you started. Feel free to create a more detailed step-by-step plan.

OBSTACLES / CHALLENGES

What obstacles stand in the way of you achieving your goal?

Obstacle	How will you address the challenges if/when they arise



Need Further Help?

How we can help

If you feel that your weight is harming your health or your happiness, then you may want to try my [12-Week Never Diet Again Hypnotherapy Program](http://www.thehypnotherapyclinic.com.au/neverdietagain.html). We have currently had over 515 participants achieving amazing results.

This is the same program that clients pay me over 5 thousand dollars to do with me one-on-one in the clinic.

But right now you can complete the 12 week online program plus lifetime membership to the program on the member's only website risk free for 6 months.

You'll get...

12 powerful weekly hypnotherapy weight-loss mp3s' to transform your negative habits into positive ones and engage the power of your subconscious to assist your weight loss.

12 weekly videos and workbooks to guide you step-by-step to your weight loss goals

Learn how to master the powerful "Virtual Gastric Band"

Direct email access to my personal email address if you have any questions or challenges

12 Months of FREE subscription to the Hypnotherapy Clinics Members only content.

Bonus Weight Loss Secrets, Tips and Tricks from myself that I use with my in-house clients

Lifetime access to all the Never Diet Again members' area so you are never alone

The price of the course comes to just \$2.35 a day for 12 weeks and you get a full 6 months 100% money back guarantee so you can complete the course and you still get an extra 3 months to decide if the long term results were worth your small program fee.

Click the link next to this download at the bottom of the video now or visit <http://www.thehypnotherapyclinic.com.au/neverdietagain.html> for more info on this course that is changing the lives of hundreds of people just like you.

Kind Regards

Jodi Clarke

Your mind specialist