



REFUTURE YOUR LIFE
INTERNATIONAL



Mindset Clarity and Integration Tool

Your Name: _____ Call Date & Time: _____

Mindset Clarity

Having in mind what you want to work on will help both of us be more clear and focused during our time together.

Please email this form to me at least 24 hours prior to our call at sara@refutureyourlife.com. This form is confidential, so feel free to be as candid as you want.

Write down five words that best describe how you feel and/or how your body feels right now...

What's the biggest challenge that is "up" for you right now? What would you most like to focus on?

When you think about this challenge, what are the fears and worries that come up for you?

~~~~~ Please complete the rest of this form after our call. ~~~~~

Mindset Integration

After our call, please answer the following questions. It's most helpful to do this right after the call while everything is fresh. Please email it to me at sara@refutureyourlife.com when you're done.

Write down five words that best describe how you feel and/or how your body feels right now...

What "aha"s did you have during the session?

What do you want to remember or keep in mind as you go forward?

Copy and paste your "I choose" statement here that I sent to you over Skype Instant Message: