

New Year's Resolution Consultation Survey

It's ALL about YOU!

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www.drdianemeyer.com

Thank you for making a commitment with yourself to create your BEST year ever! I'm delighted and honored to serve as your wellness coach on what will prove to be the journey of a lifetime! Let's get started! Know that I am FULLY here for you every step of the way. The best way to reach me outside of your appointments is via email. My private email address is: doc@drdianemeyer.com

I look forward to regular connection with you as you grow into being your BIGGEST fan!

Please answer these brief questions.

I resolve to _____ (ie: stop smoking, lose weight, read more, make more money, etc)

My resolution specifically means that I will

(read one book per month, smoke one less cigarette every other day, eat smaller meals, exercise 3 days per week for 30 minutes, etc). Make this VERY specific so that you can look at it and literally put a check mark by it that you did it.

I WILL accomplish my goal because:

(This is the FUEL that will keep you going so make it dear to your heart. In other words WHY will you accomplish this goal? What does it mean to you?)

I would like Dr. Meyer's help in the following ways: Circle all that apply

Email support daily weekly

Phone support daily weekly

Exercise clubs offered or directed to

consistent articles and suggestions

training to upgrade my awareness

workshops

Notes of encouragement

The one person who will be my biggest cheerleader and most support as I move closer to my goal is _____ . (Who will keep you spurred on when your commitment wanes? Would it be easier if they joined you on the journey? Invite them...)

Any additional comments you would like to share or reminders that you would like to review as you transform this year?

Rinse and repeat this process throughout the year. Keep the momentum going and at ANY time please invite me to partner with you. I'm here for you and want to help you BE your BIGGEST FAN!!!! doc@drdianemeyer.com