

Cheryl C. Jones' Session Planning Menu for Teens and Young Adults

Choose 5 to 7 items (or build a list of your own) and bring it to your session.

Physical Pain & Discomfort

- ☐ Aching wrists, fingers, and hands
- ☐ Always cold feet/hands
- ☐ Always tired and exhausted
- ☐ Back pain, upper, mid, & lower
- ☐ Blocked nasal passages
- ☐ Bowel issues
- ☐ Brain fog
- ☐ Burning chest sensation
- ☐ Constipation
- ☐ Excessive sweating
- ☐ Falling and staying asleep
- ☐ Feeling of blocked breathing
- ☐ Hard to take a deep breath
- ☐ Headaches/migraines
- ☐ Hormonal issues
- ☐ Knee pain or discomfort
- ☐ Muscle pain
- ☐ Nasal passages feel blocked
- ☐ Neck pain or stiffness
- ☐ Numbness in hands, feet, legs
- ☐ Pain (all over the body)
- ☐ Restless legs
- ☐ Seasonal allergies
- ☐ Sharp electrical pain
- ☐ Shoulder pain
- ☐ Stiff hands and fingers
- ☐ Tingling in fingers/hands/feet

Mental/Emotional

- ☐ Angry/Bitterness
- ☐ Anxious about everything
- ☐ Anxious in public
- ☐ Blocks: creativity
- ☐ Blocks: love
- ☐ Cry easily
- ☐ Fear of anything
- ☐ Feeling insecure
- ☐ Feeling stuck
- ☐ Frustration
- ☐ Grief
- ☐ Guilt
- ☐ Hatred towards someone
- ☐ Heart-Wall
- ☐ Helpless/hopeless

- ☐ Indecisiveness/wishy-washy
- ☐ Jealously
- ☐ Limiting beliefs: money
- ☐ Limiting beliefs: success
- ☐ Limiting beliefs: weight loss
- ☐ Loneliness
- ☐ Low self-esteem
- ☐ Negative self-talk
- ☐ Old negative experiences/accidents
- ☐ Old negative memories
- ☐ Panic attacks
- ☐ Procrastination
- ☐ Resentment
- ☐ Sadness
- ☐ Self-dislike
- ☐ Self-harming - cutting
- ☐ Shyness
- ☐ Stress and worry
- ☐ Unmotivated
- ☐ Unworthy/worthless
- ☐ Writer's bloc

School/Study

- ☐ Difficulty staying focused
- ☐ Difficulty retaining information
- ☐ Fear of presentations
- ☐ Worry about exams

Performance Issues

- ☐ Fear of failure
- ☐ Issues with classmates, co-workers, or bosses
- ☐ Negative self-talk
- ☐ Poor performance at school, work, or sports
- ☐ Procrastination

Other

- ☐ Resistance: eating veggies
- ☐ Resistance: exercise
- ☐ Resistance: hydration
- ☐ Specific food/drink: elimination
- ☐ Food/drink addiction

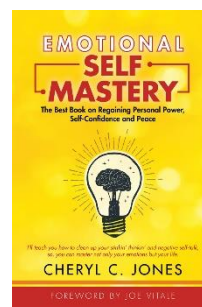
Do You have a Heart-Wall?

Removal is included in your 1st session.



Special Package

Two 55-Minute Power Packed Sessions, plus an electronic copy of my book, ***Emotional Self-Mastery: The Best Book on Regaining Personal Power, Self-Confidence, and Peace***, to help maintain the new you. **\$199.**



Friendship Issues

- ☐ Feeling closed off, separate
- ☐ Lack of closeness
- ☐ Loneliness
- ☐ Poor communication



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