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	Indecisiveness/wishy-washy	
Always tried and exhausted Back pain, upper, mid, & lower Blocked nasal passages Bowel issues Brain fog Burning chest sensation Old negative self-talk Old negative self-talk Old negative memories Panic attacks Panic	Aching wrists, fingers, and	Jealously	Do You have a Heart-Wall?
Always tired and exhausted Back pain, upper, mid, & lower Blocked nasal passages Bowel issues Constipation Constitute Co	hands	Limiting beliefs: money	Removal is included in your 1st
Always tired and exhausted Back pain, upper, mid, & lower Blocked nasal passages Double pain	Always cold feet/hands	Limiting beliefs: success	•
Back pain, upper, mid, & lower Choreliness Chows elf-esteem Negative self-talk Old negative Samples Seasonal allergies Seasonal allergies Sharp electrical pain Shoulder pain Stiff hands and fingers Tingling in fingers/hands/feet Stiff hands about everything Anxious about everything Performance at school, work, or sports Pering simple contents CherylæSimplyTheBestResults.com C		Limiting beliefs: weight loss	
Blocked nasal passages Dow elissues Parin fog Procrastination Performance Issues Procrastination Performance Issues Procrastination Performance at school, work, or sports Procrastination Perfustration	· = · ·	Loneliness	
Bowel issues Brain fog Burning chest sensation Constipation Paling and staying asleep Feeling of blocked breathing Hard to take a deep breath Headaches/migraines Self-dislike Self-harming - cutting Shyness Self-harming - cutting Shyness Stress and worry Unmotivated Unworthy/worthless Writer's bloc Writer's bloc School/Study Personal Power, Self-Confidence, and Peace, to help maintain the new you. \$199.		Low self-esteem	
Brain fog		Negative self-talk	
Burning chest sensation		Old negative	
Constipation		experiences/accidents	
Excessive sweating		I	
Falling and staying asleep Feeling of blocked breathing Hard to take a deep breath Sadness Self-dislike Suff-harming - cutting Shyness Self-dislike Styness Styness and worry Unmotivated Un	· = · · ·		
Feeling of blocked breathing Hard to take a deep breath Headaches/migraines Sadness Self-dislike Self-harming - cutting Shyness Stress and worry Unmotivated Unmotivated Unmotivated Difficulty staying focused Difficulty staying focused Difficulty retaining Information Fear of presentations Difficulty staying holds: creativity Blocks: creativity Blocks: creativity Blocks: creativity Blocks: love Cry easily Fear of anything Feeling insecure Feeling stuck Freinstration Grief Guilt Hatred towards someone Heart-Wall Healers Heart-Wall Healers Heart-Wall Healers Heart-Wall Healers		Procrastination	
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 School/Study Seasonal allergies Sharp electrical pain Shoulder pain Stiff hands and fingers Tingling in fingers/hands/feet Mental/Emotional Angry/Bitterness Anxious about everything Anxious about everything Blocks: creativity Blocks: creativity Blocks: creativity Fear of anything Fear of anything Feeling stuck Frustration Grief Guilt Hatred towards someone Heart-Wall Hebles' Hoppeless		Resentment	
Headaches/migraines Hormonal issues Self-dislike Self-harming - cutting Shyness Stress and worry Unmotivated Unworthy/worthless Writer's bloc 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. Sharp electrical pain Shoulder pain Shoulder pain Fear of presentations Worry about exams Fear of failure Insues with classmates, coworkers, or bosses Negative self-talk Poor performance at school, work, or sports Peeling insecure Feeling insecure Feeling stuck Friendship Issues Poor communication Poor		Sadness	
Hormonal issues Self-harming - cutting Shyness Stress and worry Unmortivated Unmortivated Unmorthy/worthless Writer's bloc Writer's bloc School/Study Difficulty staying focused Difficulty retaining information Stiff hands and fingers Difficulty retaining information Stiff hands about everything Anxious about everything Anxious in public Blocks: creativity Blocks: creativity Fear of anything Feeling insecure Feeling stuck Frustration Grief Guilt Hatred towards someone Heart-Wall Healtest floagulest Suspending or discount of the pain Stiff cod/drink: elimination Stiff hards and fingers School/Study School/Study Difficulty staying focused Difficulty retaining information Fear of presentations Worry about exams Fear of failure Self-Confidence, and Peace, to help maintain the new you. \$199. School/Study Difficulty retaining information Fear of presentations Worry about exams Fear of failure Self-Confidence, and Peace, to help maintain the new you. \$199. Stiff hands and fingers Difficulty retaining information Fear of presentations Worry about exams Fear of failure Self-Confidence, and Peace, to help maintain the new you. \$199. Stiff hands and fingers Personal Power, Self-Confidence, and Peace, to help maintain the new you. \$199. Stiff hands and fingers Difficulty staying focused Difficulty staying focused Difficulty retaining information Pear of presentations Pear of presentations Pear of failure Self-Mastery: The Best Book on Regaining Personal Power, Self-Confidence, and Peace, to help maintain the new you. \$199. World Yellow Staying focused Difficulty staying fo		Self-dislike	
Shyness Stress and worry Unmotivated Unworthy/worthless Writer's bloc Writer's bloc Seasonal allergies Sharp electrical pain Shoulder pain Stiff hands and fingers Tingling in fingers/hands/feet Seasonal public Susues with classmates, coworkers, or bosses Anxious in public Blocks: creativity Blocks: creativity Blocks: love Cry easily Fear of anything Feeling stuck Friustration Grief Guilt Hatred towards someone Heart-Wall Healtes (Appendix) Shyness Stress and worry Unmotivated Unworthy/worthless Worry horders Stress and worry Unmotivated Unworthy/worthless Worry horders 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. School/Study Difficulty retaining information Fear of presentations Worry about exams Worry about exams Worry about exams Worry about exams Fear of failure Issues with classmates, co-workers, or bosses Negative self-talk Poor performance at school, work, or sports Procrastination Feeling stuck Procrastination Procrastinati			Special Package
Muscle pain		1 =	
Nasal passages feel blocked Unmotivated Unmotivated Unworthy/worthless Writer's bloc			Two 55-Minute Power Packed
Neck pain or stiffness Unworthy/worthless Writer's bloc			Sessions, plus an electronic copy of
Numbness in hands, feet, legs Pain (all over the body) Restless legs School/Study Difficulty staying focused Difficulty retaining Information Fear of presentations Tingling in fingers/hands/feet Performance Issues Anxious about everything Anxious in public Blocks: creativity Blocks: creativity Blocks: love Poor performance at school, Cry easily Fear of anything Feeling insecure Feeling insecure Feeling stuck Frustration Grief Guilt Halted-twall			my book, <i>Emotional Self-Mastery:</i>
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 Blocks: creativity Blocks: love Cry easily Fear of anything Feeling insecure Feeling stuck Frustration Grief Guilt Hatred towards someone Heart-Wall Halless (heapeless			The Best Book on Regaining
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 Fear of anything Feeling insecure Feeling stuck Frustration Grief Guilt Harred towards someone Heart-Wall Hallets (honelers) 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 Feeling closed off, separate Lack of closeness Loneliness Poor communication Cheryl@SimplyTheBestResults.com Cheryl@SimplyTheBestResults.com			Personal Power, Self-Confidence,
Seasonal allergies		School/Study	and Peace, to help maintain the
Sharp electrical pain	_	-	new you. \$199 .
Shoulder pain Stiff hands and fingers Information Fear of presentations Worry about exams	· =		
Stiff hands and fingers Fear of presentations Worry about exams			EMOTIONAL
Tingling in fingers/hands/feet			SELF
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 Heart-Wall Heart-Wall Performance Issues Fear of failure Issues with classmates, co- workers, or bosses Negative self-talk Poor performance at school, work, or sports Included the self-talk Priendship Issues Friendship Issues Feeling closed off, separate Lack of closeness Loneliness Poor communication Cheryl@SimplyTheBestResults.com Cheryl@SimplyTheBestResults.com	= -		The But Book on Regaining Personal Power, Self-Confidence and Percon
Angry/Bitterness	lingling in fingers/hands/feet	│	Silling -
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 Halplaces (honoloss) Issues with classmates, co-workers, or bosses Negative self-talk Poor performance at school, work, or sports Procrastination Friendship Issues Friendship Issues Feeling closed off, separate Lack of closeness Loneliness Poor communication Cheryl@SimplyTheBestResults.com		Performance Issues	
Anxious about everything	☐ Angry/Bitterness	Fear of failure	If the charge to be the charge per wheth Antonia and regards with the common one per contraction of the per charge charge and the per charge.
Blocks: creativity □ Negative self-talk □ Blocks: love □ Poor performance at school, work, or sports □ Fear of anything □ Procrastination □ Feeling insecure □ Procrastination □ Freeling stuck □ Negative self-talk □ Poor performance at school, work, or sports □ Lack of closeness □ Loneliness □ Poor communication Poor communication Poor communication Poor communication Poor communication Poor communication Poor communication □ Resistance: exercise □ Resistance: hydration □ Resistance: hydration □ Specific food/drink: □ Helplacs (hepoless) Cheryl@SimplyTheBestResults.com	Anxious about everything	Issues with classmates, co-	
Blocks: love Cry easily Fear of anything Feeling insecure Feeling stuck Frustration Grief Guilt Hatred towards someone Heart-Wall Helplacs / hangless	Anxious in public	workers, or bosses	
Poor performance at school, work, or sports Lack of closeness Loneliness Poor communication Feeling stuck Poor communication Frustration Resistance: eating veggies Resistance: exercise Resistance: hydration Specific food/drink: elimination Halvlags / handlags Cheryl@SimplyTheBestResults.com		☐ Negative self-talk	Friendshin Issues
Cry easily	Blocks: love	Poor performance at school,	-
Fear of anything	Cry easily	work, or sports	
Feeling insecure Feeling stuck Frustration Grief Guilt Hatred towards someone Heart-Wall Heart-Wall Helplacs / handless	Fear of anything	☐ Procrastination	
Feeling stuck	Feeling insecure		
Grief Guilt Hatred towards someone Heart-Wall Heart-Wall Halplacs / hangless Heart-Wall Cheryl@SimplyTheBestResults.com	Feeling stuck	Other	
Grief Guilt Resistance: exercise Resistance: hydration Hatred towards someone Heart-Wall Helplacs/hangless Cheryl@SimplyTheBestResults.com	☐ Frustration		•
Guilt Hatred towards someone Heart-Wall Heart-Wall Helplacs/hangless Cheryl@SimplyTheBestResults.com	Grief		The Best
Hatred towards someone Heart-Wall Halplacs / hangless Cheryl@SimplyTheBestResults.com	☐ Guilt		Simply \ Results
Heart-Wall elimination Cheryl@SimplyTheBestResults.com	☐ Hatred towards someone		
Holploss/hopoloss	☐ Heart-Wall		Chand @CimmboThaDastDasolts
	☐ Helpless/hopeless		Cheryl@SimplyTheBestKeSuits.com
		Joay at him addiction	