

New Year's Resolution Consultation Survey

It's ALL about YOU!

Dr. Deborah Musso

www.seachangenyc.com
drmusso@seachangenyc.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: drmusso@seachangenyc.com. I look forward to regular connection with you as you grow into being your BIGGEST fan!

Please answer these brief questions and then bring them with you. You're also welcome to email them to me ahead of time so that I am fully prepared for your New Year's Resolution Consultation.

1. I resolve to

_____.
(ie: stop smoking, lose weight, read more, make more money, etc)

2. 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.

3. 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?)

4. I would like Dr. Deb's help in the following ways (circle all that apply):

- Email support: daily weekly consistent articles and suggestions
- Phone support: daily weekly training to upgrade my awareness
- Exercise clubs offered or directed to workshops
- Notes of encouragement

5. 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?

