LIMITLESS LIVING
attract & become what you want
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Name of LL Student	
Date of Session:	
Length of session:	
Client Name or ID:	
Gender:	
Case Study No:	
Session No:	

Notes from Intake form

1. What is their current situation?

2. How does it make them feel?

3. What is their desired situation?

4. How does it make them feel?

5. What have they done so far to help themselves? What has worked? What did not work?

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Notes from the session

1. Wouldn't it be great if? *(write their statement down)*

2. But *(write the limiting belief down)*

3. How does it make them feel? What did you do when the emotions came up? For example: Now flow.

4. Where in the body?

5. The memory

6. The resources

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7. Response after change memory

8. When else have they felt the old emotions and beliefs?

9. Any deeper beliefs?

10. Reaction after deleting old belief.

11. Response after testing the belief.

12. Final Great Flow Statement. How was the client feeling? What was their feedback?

Wouldn't it be great if ……

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13. Additional notes of what else you did in the sessions and the order of what you did when and the reason you took those decisions:

14. What actions did you give the client at the end of the session?

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After the session

1. What did you do really well?

2. Where can you improve or do better?

3. What if anything do you need to change in my next session?

4. Overall what are your main learnings about yourself, your client and the process?

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Checklist

Pre- Session

- ☐ Get space ready

- ☐ "Empty Channel meditation" or "I am Universe meditation" pre session

- ☐ Check from client requirement from intake form

During Session

- ☐ Rapport

- ☐ Ask about them, listen

- ☐ Clear what they want

- ☐ Great Flow (most common)

- ☐ Now Flow (most common)

- ☐ Intuitive Flow (it would depend if the person is ready)

- ☐ Limitless Flow (you would have to explain it and many will not be ready or connected to it)

- ☐ Close

Post Session

- ☐ **Check in with them the next day**

- ☐ Ask, how are they feeling, (write)

- ☐ Any support given, (write)

- ☐ **Check in with them in 3 days**

- ☐ Ask, how are they feeling, (write)

- ☐ Any support given, (write)

- ☐ **Check in with them in 1 Week**

- ☐ Ask, how are they feeling, (write)

- ☐ Any support given, (write)

- ☐ **Check in with them in One Month**

- ☐ Ask, how are they feeling, (write)

- ☐ Any support given, (write)