

# John's Session Building Plan – Customize your Body Code Sessions Here

## Your Own Top 5 Session Priorities

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_

## Customize Your Health Plan by Selecting from the List Below

### Physical Discomfort:

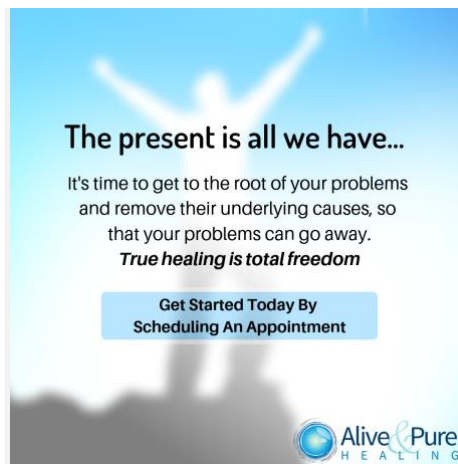
- Back, knee, & other joint discomfort
- Sharp shooting sensations
- Numbness in legs, arms, hands etc.
- Headaches & sinus congestion
- Teeth grinding & jaw clenching

### Emotional Health

- Anxiousness, fears, phobias
- Cravings or strong desires to specific foods and alcohol
- Sadness
- Grief
- Indecisiveness and frustration
- Anger
- Broken Heart
- Procrastination
- Low Self Esteem and shyness/confidence
- Negative Self talk
- Limiting beliefs (money, success, or \_\_\_\_\_)
- Not sleeping through the night
- Digestion concerns, Burning chest
- Traumatic events
- Negative thought patterns
- Always stressed, worried

### Other


- Resistance to: Exercise, drinking water or eating veggies
- Tired all day, always lethargic
- Creativity Blocks, brain fog
- Night Sweats



**The present is all we have...**

It's time to get to the root of your problems and remove their underlying causes, so that your problems can go away.  
*True healing is total freedom*

Get Started Today By  
Scheduling An Appointment

 Alive & Pure  
HEALING

### Relationship Blocks:

1. Feeling unworthy of receiving love
2. Negative family relationships
3. Hung up on or hurt from previous relationships
4. Feel disconnected from others
5. Loneliness, Sexual/Intimacy issues

### Business Blocks:

1. Not getting any new customers or clients
2. Not getting repeat customers or clients
3. Not getting any referrals
4. Not getting paid what you are worth
5. Dislike returning phone calls or following up on leads
6. Money ceiling