

THE BEYOND SURGERY® PROGRAM

Coaching Session Notes Pre-Operative Session # 1

Name _____ Date _____

4) TEACH THE DAILY TUNE-UP

STEP # 1: CHECK IN

1. Fears/Circumstances I **don't** want:

↓ _____

3. Circumstances I **do** want:

↓ _____

2. Feeling these create (to **release**)

4. Feeling these create (to **bring in**)

STEP # 2 CLEAR OUT/ SHIFT

"Even though I am feeling _____, I bless the feeling and love myself."

"I release my _____. I release it now."

"I bring in _____. I am feeling _____ now."

STEP # 3 FOCUS: KEY WORD _____ (From above)

STEP # 4 RAISE YOUR FREQUENCY: "Quick Coherence Technique®"