Wellness Care

Quantum Healing Chiropractic is ultimately about wellness care. Granted, many of us have symptoms or issues that need to be dealt with immediately, but eventually, as those become resolved we have the ability to create the life and health picture of our dreams.

In order that this office may assist you in achieving a wellness status, help us define what that would look like for you.

List 3 goals you would love to achieve regarding your perfect health and your ideal life. (Use your imagination and assume that anything would be possible for you.) *List in present tense as if you already have it.*

1._____

2._____

3._____

Next: Circle the number that best describes your feeling.

What would you be willing to change, let go of, shift, start or stop in order to accomplish these goals.

1 2 3 4 5 6 7 8 9 10

Not much Almost anything

Does it feel possible to you that these goals are achievable for you personally?

1 2 3 4 5 6 7 8 9 10

Not really YES!

Would you be willing to investigate any subconscious interference that may be getting in your way? (You wouldn't have to reveal any personal information in order to do so!)

Yes No

Have you ever had an example of these goals being demonstrated to you, either by yourself in the past or by another individual?

Yes No

Thank you for your honesty and willingness in your journey!

QUANTUM HEALING CHIROPRACTIC
SPIRIT • MEMORY • MIND • BODY