



## **HOME REINFORCEMENT CHECKLIST**

Set up a Yes / No response and ask 'There is home reinforcement required' LOCK

**Ask:** Is it something:

1. From the balance?
2. The client knows?
3. I (the practitioner) know?
4. **DO**
  - Place you like to go to reflect (perhaps on the goal & implementation)
  - A kinesiology technique
  - Physical activity
  - Mediation
  - Outworking of goal
5. **SAY**
  - Affirmation (read / say / write out)
  - To someone
  - Goal
6. **GO**
  - To see a practitioner / friend / colleague
  - Place (beach / nature etc.)
  - Adventure / fun
7. **BUY**
  - Clothing / Jewelry
  - Crystal / Salt lamp / air purifier / oil diffuser / gratitude candle / EMF protector / etc etc
  - Relating to balance
8. **WEAR**
  - Colour
  - Accessories / jewelry
  - Clothing
  - Symbol
9. **READ**
  - Book
  - Research / information
10. **LISTEN TO**
  - Music
  - Tones / sounds
  - Podcast
  - Guided meditation
  - Audio book

**11. TAKE / DELETE / MODIFY**

- Vitamins
- Minerals
- Essence / Remedy
- Food / Beverage

**12. OTHER**

- Limitless possibilities

**Then - Check: Frequency / Qty / Duration**