SHAPE (SMART Health Action Planning Exercise)		ANDREW HARDWICK HYPNOTHERAPY		Updated 20NOV23 to SHAPE© v20	
Client Name:	e-ma	e-mail:		Tel No.:	
Where did you hear about us?	What I want _		Why I want it		
TE WHARE TAPA WHA	SPECIFICS	MEASUREABLES	ATTAINABLES	RELEVANCE	TIME
Taha Hinengaro Mental & Emotional Wellbeing					
Taha Whanau Family & Social Wellbeing					
Taha Tinana Physical Wellbeing					
Taha Wairua Spiritual Wellbeing					
Te hononga ki te whenua Connection to the land					
Informed Consent:					·
I hereby confirm that I am 16 years old	d or above, have been involved	in the planning of my prograr	m, and give informed consent	to therapy for the abov	e purposes.
NAME		Signature		Date/	/ 20
Please tick here if you consent	to being added to our database	and newsletter, through which	ch you can be kept informed	of news & special offers	s.

ANDREW HARDWICK HYPNOTHERAPY

WWW.ANDREW HARDWICK.CO.NZ

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