



Control Your Mind. Change Your Life.

Preparation for your Initial Visit

Thank you for your commitment to optimal functioning and the willingness to explore the benefits of the Inner Act Program. In preparation for our work together, I invite you to write down your thoughts and reflections about the Power Performer within you. This will help you to recognize your expertise and the areas we should address to release any limiting barriers to highest achievement. --Rae

Name:

Address:

Telephone with area code:

Email address:

Date of birth:

1. What are your top three expectations from the Inner Act Program?

2. **My Autobiography**

Imagine that you have just published your first book and that it is an autobiography. Typically, the back two pages of a book contain highlights about the author and the significant events that occurred in their personal and professional life. Please write the last two pages of your book using a simple format of date, event and significance.

1. **Autobiography of My Inner Achiever or Performer**

Somewhere in your past or present, you have experienced great achievements. I invite you to write the autobiography of that Inner High Achiever's life, from the point of view of that Inner High Achiever. Using the speaking voice of the Inner High Achiever, write in first-person narrative about the achievements, frustrations and goals that Inner Achiever has experienced. The autobiography can be one-to-two pages long.

Below is an example of a singer's story. For an additional story, read about singer Cristina Necula's (insert link) from an article in *Classical Singer Magazine* or go to www.inner-act.com, Articles & Media.

My Story by The Voice

I first appeared to Joan when she was 11. She lost a tag game and had to sing "All Shook Up". She seemed to enjoy the attention but I was quickly forgotten. When she was in high school she sang soprano in the adult choir and I heard Miss F the assistant organist, tell her mother she should provide singing lessons for Joan because she had such a lovely voice. Her mother said she had enough lessons. Joan had no idea what Miss F really heard and she continued to ignore me. Besides, her friends had strong, belty pop voices. I wasn't like that at all.