



## Looking Glass Reflections

Embrace your shadow. Live in your light.

### Write Your Way to Change Program Application

Welcome to the Looking Glass Reflections grapho-therapy *Write Your Way to Change* program. Chances are, you've reached me because you're looking for a way to make changes in your life. You're noticing some patterns, you want to grow, but you also want some control over how it happens.

My program combines coaching with handwriting and journaling exercises to give you insight into who you are and how you can design your life for more happiness and emotional fulfillment. Work is based on what is most important to you and what you'd like to achieve. Things are explained every step of the way, and you have total control of what you decide to implement.

With the *Write Your Way to Change* program, you'll make intentional modifications in your handwriting (also known as grapho-therapy) that create the space for changes in your personality. Handwriting can be thought of as "brain writing." It's like a finger print of you are—how you react to things, what you're holding onto, and what you let flow through you. But, it's not a one-way street. By modifying the way you write, you can affect your personality.

As with any self-improvement program, as we commit to looking at our patterns and making changes, it can be challenging. It's important that you begin this process when you feel well and in a good place, ready to deal with whatever comes to light. You may feel a little more vulnerable than usual, so give yourself compassion and make space for integrating whatever is appropriate for you.

Please set aside 20 minutes to complete this questionnaire. Write comfortably, take your time, and use the type of pen you normally prefer. You can then scan or take a picture of each page and email them directly to [shine@jennifersglass.com](mailto:shine@jennifersglass.com).

Once I review your application, I'll be in touch to confirm if grapho-therapy is recommended for your goals. If so, you'll receive an invoice via PayPal for the program cost as well as a client agreement. We will schedule your introductory and coaching progress sessions once the payment and contract process is completed.

*Note that this program is designed to be followed daily for 40 days. You can expect to invest an average of 20 minutes a day, in addition to journaling and coaching calls. If you are unable to devote the consistent time, I recommend you take this program at a later date.*

Agreement to consent and release: By completing this questionnaire and engaging in coaching and grapho-therapy, you agree that you are 18 years of age or older and that coaching and grapho-therapy are not medical, health, or psychiatric advice and are not a substitute for medical, health, or psychiatric advice. I cannot and do not guarantee any particular results. You apply principles and changes as you deem appropriate. Always seek assistance from an appropriate medical, health, or psychiatric professional as needed. By submitting the information, you release the coach/analyst of any liability based upon the findings or recommendations.



You agree to abide by the payment terms. There is a \$10 fee for appointments cancelled without 24 hours' notice. Payment is due in full before the first session. There are no refunds.

Name (printed):

Name (signed):

Date:

Email address:

Phone:

Text messages ok?

1. What's going on in your life right now?

2. How is your health? Any discomfort in your body?

3. What do you feel most sensitive about—where are people pushing your buttons?



4. What would you most like to change about yourself?

5. How does it affect you?

6. What would you like to replace it with?

7. What will that give you?



8. What are your 3 favorite things about yourself?

9. What would you like to have more of in your life, but it feels out of reach right now?

10. Anything else you'd like to share?

Please scan or take a picture of your completed questionnaire and email it to: [shine@jennifersglass.com](mailto:shine@jennifersglass.com)