



Wholistic Counseling & Therapy Services

Located at:
The Wholistic Kinesiology Institute
9809 Candelaria NE,
Albuquerque, NM 87112
Center phone (505) 275-9809

Lisa K. Jackson, MA, NCC, LMHC, C-EP
New Mexico License # 0099761
Certified HeartWorks Energy Practitioner
Empathic Healer/Spiritual Advisor

Practitioner Confidential Phone:
(505) 417-6744

WELLNESS PLAN

NAME: _____

DATE: _____

OVERALL GOAL (how will things be different for you; what will life be like as a result of your healing work?):

PHYSICAL GOALS (what changes would you like to see in your physical body? will you increase or decrease certain activities in an effort to support your physical wellbeing? are there nutritional considerations; habits that prevent you from reaching your overall goal):

