



Name: _____ Phone: _____

Shipping Address: _____ City: _____ St/Zip _____

Email: _____

Accomplishment Card #1: Go through the lesson material in each week, fill out the form, take some notes, and write in your completion date. When you've completed the card – turn it in for a PRIZE! Send via email or snail mail to: Holly@TheBrainTrainerllc.com Or Holly Stokes, 555 E. 4500 S. Suite C250 Murray, UT 84107

See the Available prizes at: www.ALighterYouSystem.com/Earn-Prizes

Week # Lesson#	What you liked	What you learned	Hypnosis Review	Date complete
Week1- Lesson1				
Week 2 - Lesson 2				
Week 3 - Lesson 3				
Week 4 - Lesson 4				