

Neuro-Com Characteristics Checklist – Goal Creation for Occupation

Title of Occupation goal

	Value 1	Value 2	Value 3
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Value title

Visual			
<i>Self in or out of picture</i>			
<i>Framed or panoramic view</i>			
<i>Bright or dull</i>			
<i>Black and white or colour</i>			
<i>Three dimensional or flat</i>			
<i>Sharply focussed or blurred</i>			
<i>Movie or still image</i>			
<i>Number of pictures (stills or movie)</i>			
<i>Intensity of colour (Rate it 1-10)</i>			
<i>Remind you of anything?</i>			

Feelings

<i>Warm, cool, or cold</i>			
<i>Texture: Rough or smooth</i>			
<i>Vibration: Mild or intense or none</i>			
<i>Intensity of feeling (Strong, weak, 1-10)</i>			
<i>Size (Does the feeling occupy space?)</i>			
<i>Shape (is it round, square, triangular)</i>			
<i>Weight (Rate it 1-10 where 10 is very heavy)</i>			
<i>Movement</i>			
<i>Steady or intermittent</i>			
<i>Internal or external</i>			
<i>Pressure</i>			

Auditory

<i>Volume (Rate it 1-10 where 10 is very loud)</i>			
<i>Pitch (high, middle, low, deep)</i>			
<i>Direction (where is it around you)</i>			
<i>Rhythm (does it pulse or is it steady)</i>			
<i>Remind you of anything?</i>			

Smell

<i>Odour type (pungent, sweet, putrid etc)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Taste

<i>Type (bitter, sweet, sharp etc)</i>			
<i>Flavour (does it have a detectable flavour)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Neuro-Com Characteristics Checklist – Goal Creation for Lifestyle

Title of Lifestyle goal

	Value 1	Value 2	Value 3
Value title			

Visual

<i>Self in or out of picture</i>			
<i>Framed or panoramic view</i>			
<i>Bright or dull</i>			
<i>Black and white or colour</i>			
<i>Three dimensional or flat</i>			
<i>Sharply focussed or blurred</i>			
<i>Movie or still image</i>			
<i>Number of pictures (stills or movie)</i>			
<i>Intensity of colour (Rate it 1-10)</i>			
<i>Remind you of anything?</i>			

Feelings

<i>Warm, cool, or cold</i>			
<i>Texture: Rough or smooth</i>			
<i>Vibration: Mild or intense or none</i>			
<i>Intensity of feeling (Strong, weak, 1-10)</i>			
<i>Size (Does the feeling occupy space?)</i>			
<i>Shape (is it round, square, triangular)</i>			
<i>Weight (Rate it 1-10 where 10 is very heavy)</i>			
<i>Movement</i>			
<i>Steady or intermittent</i>			
<i>Internal or external</i>			
<i>Pressure</i>			

Auditory

<i>Volume (Rate it 1-10 where 10 is very loud)</i>			
<i>Pitch (high, middle, low, deep)</i>			
<i>Direction (where is it around you)</i>			
<i>Rhythm (does it pulse or is it steady)</i>			
<i>Remind you of anything?</i>			

Smell

<i>Odour type (pungent, sweet, putrid etc)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Taste

<i>Type (bitter, sweet, sharp etc)</i>			
<i>Flavour (does it have a detectable flavour)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Neuro-Com Characteristics Checklist – Goal Creation for Health

Title of Health goal

	Value 1	Value 2	Value 3
Value title			

Visual

<i>Self in or out of picture</i>			
<i>Framed or panoramic view</i>			
<i>Bright or dull</i>			
<i>Black and white or colour</i>			
<i>Three dimensional or flat</i>			
<i>Sharply focussed or blurred</i>			
<i>Movie or still image</i>			
<i>Number of pictures (stills or movie)</i>			
<i>Intensity of colour (Rate it 1-10)</i>			
<i>Remind you of anything?</i>			

Feelings

<i>Warm, cool, or cold</i>			
<i>Texture: Rough or smooth</i>			
<i>Vibration: Mild or intense or none</i>			
<i>Intensity of feeling (Strong, weak, 1-10)</i>			
<i>Size (Does the feeling occupy space?)</i>			
<i>Shape (is it round, square, triangular)</i>			
<i>Weight (Rate it 1-10 where 10 is very heavy)</i>			
<i>Movement</i>			
<i>Steady or intermittent</i>			
<i>Internal or external</i>			
<i>Pressure</i>			

Auditory

<i>Volume (Rate it 1-10 where 10 is very loud)</i>			
<i>Pitch (high, middle, low, deep)</i>			
<i>Direction (where is it around you)</i>			
<i>Rhythm (does it pulse or is it steady)</i>			
<i>Remind you of anything?</i>			

Smell

<i>Odour type (pungent, sweet, putrid etc)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Taste

<i>Type (bitter, sweet, sharp etc)</i>			
<i>Flavour (does it have a detectable flavour)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Neuro-Com Characteristics Checklist – Goal Creation for Family

Title of Family goal			
	Value 1	Value 2	Value 3
Value title			
Visual			
<i>Self in or out of picture</i>			
<i>Framed or panoramic view</i>			
<i>Bright or dull</i>			
<i>Black and white or colour</i>			
<i>Three dimensional or flat</i>			
<i>Sharply focussed or blurred</i>			
<i>Movie or still image</i>			
<i>Number of pictures (stills or movie)</i>			
<i>Intensity of colour (Rate it 1-10)</i>			
<i>Remind you of anything?</i>			
Feelings			
<i>Warm, cool, or cold</i>			
<i>Texture: Rough or smooth</i>			
<i>Vibration: Mild or intense or none</i>			
<i>Intensity of feeling (Strong, weak, 1-10)</i>			
<i>Size (Does the feeling occupy space?)</i>			
<i>Shape (is it round, square, triangular)</i>			
<i>Weight (Rate it 1-10 where 10 is very heavy)</i>			
<i>Movement</i>			
<i>Steady or intermittent</i>			
<i>Internal or external</i>			
<i>Pressure</i>			
Auditory			
<i>Volume (Rate it 1-10 where 10 is very loud)</i>			
<i>Pitch (high, middle, low, deep)</i>			
<i>Direction (where is it around you)</i>			
<i>Rhythm (does it pulse or is it steady)</i>			
<i>Remind you of anything?</i>			
Smell			
<i>Odour type (pungent, sweet, putrid etc)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			
Taste			
<i>Type (bitter, sweet, sharp etc)</i>			
<i>Flavour (does it have a detectable flavour)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Neuro-Com Characteristics Checklist – Goal Creation for Relationships

Title of Relationships goal

	Value 1	Value 2	Value 3
Value title			

Visual

<i>Self in or out of picture</i>			
<i>Framed or panoramic view</i>			
<i>Bright or dull</i>			
<i>Black and white or colour</i>			
<i>Three dimensional or flat</i>			
<i>Sharply focussed or blurred</i>			
<i>Movie or still image</i>			
<i>Number of pictures (stills or movie)</i>			
<i>Intensity of colour (Rate it 1-10)</i>			
<i>Remind you of anything?</i>			

Feelings

<i>Warm, cool, or cold</i>			
<i>Texture: Rough or smooth</i>			
<i>Vibration: Mild or intense or none</i>			
<i>Intensity of feeling (Strong, weak, 1-10)</i>			
<i>Size (Does the feeling occupy space?)</i>			
<i>Shape (is it round, square, triangular)</i>			
<i>Weight (Rate it 1-10 where 10 is very heavy)</i>			
<i>Movement</i>			
<i>Steady or intermittent</i>			
<i>Internal or external</i>			
<i>Pressure</i>			

Auditory

<i>Volume (Rate it 1-10 where 10 is very loud)</i>			
<i>Pitch (high, middle, low, deep)</i>			
<i>Direction (where is it around you)</i>			
<i>Rhythm (does it pulse or is it steady)</i>			
<i>Remind you of anything?</i>			

Smell

<i>Odour type (pungent, sweet, putrid etc)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Taste

<i>Type (bitter, sweet, sharp etc)</i>			
<i>Flavour (does it have a detectable flavour)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Neuro-Com Characteristics Checklist – Goal Creation for Spiritual

Title of Spiritual goal

	Value 1	Value 2	Value 3
Value title			

Visual

<i>Self in or out of picture</i>			
<i>Framed or panoramic view</i>			
<i>Bright or dull</i>			
<i>Black and white or colour</i>			
<i>Three dimensional or flat</i>			
<i>Sharply focussed or blurred</i>			
<i>Movie or still image</i>			
<i>Number of pictures (stills or movie)</i>			
<i>Intensity of colour (Rate it 1-10)</i>			
<i>Remind you of anything?</i>			

Feelings

<i>Warm, cool, or cold</i>			
<i>Texture: Rough or smooth</i>			
<i>Vibration: Mild or intense or none</i>			
<i>Intensity of feeling (Strong, weak, 1-10)</i>			
<i>Size (Does the feeling occupy space?)</i>			
<i>Shape (is it round, square, triangular)</i>			
<i>Weight (Rate it 1-10 where 10 is very heavy)</i>			
<i>Movement</i>			
<i>Steady or intermittent</i>			
<i>Internal or external</i>			
<i>Pressure</i>			

Auditory

<i>Volume (Rate it 1-10 where 10 is very loud)</i>			
<i>Pitch (high, middle, low, deep)</i>			
<i>Direction (where is it around you)</i>			
<i>Rhythm (does it pulse or is it steady)</i>			
<i>Remind you of anything?</i>			

Smell

<i>Odour type (pungent, sweet, putrid etc)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			

Taste

<i>Type (bitter, sweet, sharp etc)</i>			
<i>Flavour (does it have a detectable flavour)</i>			
<i>Strength (Rate it 1-10 where 10 is strong)</i>			
<i>Remind you of anything?</i>			