



Ryan Haddon

Life coaching | Hypnotherapy | Spiritual mentoring

SELF HYPNOSIS INSTRUCTIONS

- Take yourself to your favorite place in nature. Notice what's around you: the sights, the sounds, how you feel. Relax and enjoy this moment in your favorite place.
- Take a deep breath and relax your body. Relax your jaw, your shoulders, your chest and stomach. Relax your entire body.
- Count slowly backwards from 10-1, counting with each exhale, allowing yourself to go deeper into relaxation with each descending number.
- Visualize a huge widescreen TV right in front of you and you are watching yourself on the screen. Visualize your future self once you have reached your goal and beyond. Really use your imagination to conjure up how you look and most importantly, how you feel. Notice all the details and make this as vivid and real, as possible. Put yourself in your favorite colors and clothes. Take note of how great you look and how great you feel. Your eyes are shining and sparkling. You are smiling, fit, happy, and proud. You've achieved your goal and your life is better than you ever imagined!
- Once you have this image, the you that is watching, steps into the widescreen TV and now you have become this image. The today self has merged into this future self. You are this person and you truly feel this success as if it's actually happening. Feel the completeness of this moment. What do you say to yourself? What are others saying to you? You have reached your goal and you feel great: you are so proud of yourself! Take this in, and breathe in this success!
- Now say your powerful personal statement - you can say it out loud or in your mind - 10 times. While you repeat it, really feel that it is an idea you accept and welcome. Feel the field of possibility open to you as you actively create this new experience for yourself by repeating your PPS. You feel calm, safe and excited about what you are calling to you with dedication and conviction.