

Day 1 - Welcome to your self-hypnosis ecourse!

This short eCourse can help you to make profound changes in your life. You're about to learn how to set a goal and how to achieve it using the power of suggestion, otherwise known as self-hypnosis. If you are willing to dedicate between 15 to 30 minutes and day to follow the instructions you'll be receiving over the next few days you will literally be amazed at the results you can achieve.

You are actually constantly both hypnotising yourself and being hypnotised by your own self-talk, the media and other sources anyway only now you're about to learn how to do it deliberately. You'll learn how to use self-hypnosis in ways that will enable you to set a goal and achieve it. Once you've achieved one goal you can use the same process to achieve another and another and another.

As you work your way through this eCourse you will begin to understand how the mind receives and processes information and how you can formulate auto suggestions that can lead to success. If you are new to hypnosis prepare to be amazed at how simple it is to change the mind when you understand it. If you have already trained in hypnotic techniques this is a chance to gain new insights into the secrets of the mind.

My intention is, by the time you've finished this eCourse you will:

- *Be able to understand what hypnosis is and what it is not. (Many people have misconceptions about hypnosis but you will really get what it is as you follow it to its conclusion).*
- *Understand that everyone can be hypnotised and that everyone responds to hypnotic suggestion.*
- *Understand how the mind works and how you can use it to overcome and succeed equally*
- *Understand the concept and importance of setting goals and develop the ability to set and achieve goals for the rest of your life.*
- *Have learned what a hypnotic trance state is and how to enter one at any time and any place and how to do it quickly and simply.*
- *Be able to get excited about this process as you understand how effective it can be and how it can literally change your life.*

Now it's time to complete your first assignment. Find a pen and paper or a pad and settle down somewhere comfortable because the first part of this eCourse is where you decide what you want to achieve by following it. There are some questions below for you to think about and answer and it's very important you do this before you continue with the rest of the eCourse.

If you just carry on reading the eCourse as it arrives in your mailbox you may enjoy reading some thought-provoking ideas but it's unlikely you'll benefit beyond learning a few new interesting facts. If that's all you want from this eCourse then go ahead and do it that way but if you want to benefit, really benefit, from what is contained in these emails set an '*Intention*,' beforehand.

An '*Intention*' is simply the answer to a question such as, "*What am I doing this for?*" or "*What would I like to achieve, having completed this eCourse.*" Ask the question and the answer is your '*Intention*.' Once the subconscious mind is alerted to what you '*Intend*' or '*Expect*' it will be going all out to help you to achieve it. This is the importance of goal setting; it primes the mind to reach the goal that has been set and is why reading the material first, "*To see what happens,*" can be an interesting exercise but nothing else.

When you set goals you prepare your mind to give you whatever outcome you set and you'll get the result of it. That's why it's so important to set goals before you begin any task, start any project or

begin any job no matter how small. Setting an 'Intention' takes a moment in time and can be as simple as, "I'm going out tonight and I'm going to really enjoy myself."

Use the questions below with just about anything you do and notice the difference in the way things work out when you set goals instead of just doing things and seeing how they turn out.

Before we get to the questions just a word of advice, make sure you answer the questions using positive wording. Positive wording points towards what you want to achieve and not what you are trying not to get. To give you an idea.....

A. A positive goal would be worded:

- *I'm finding a job I love with a salary of.....*
- *Finding a wonderful and well paid job means the world to me, it's a top priority.*
- *I'll feel so thrilled and excited and amazed when I find a great job and land it*
- *I'll love to find the job by the end of the month*
- *I am 100% committed to achieving this goal*
- *I am willing to commit myself fully and wholly to achieving this goal*

B. A negative goal would be:

- *I don't want to end up on the scrapheap*
- *I don't want to be out of work for ages*
- *I hope they don't think I'm under qualified*
- *I don't want to say the wrong thing/I hope I don't say anything wrong*
- *I don't want a badly paid job where I am undervalued*
- *I don't want to get disappointed if I don't get a job*
- *I don't want all my saving to be used up by the time I get a job*
- *I don't want to fail my test/I hope I don't fail*
- *I hope it's not going to be too hard*

The statements in the list (A) all point towards what you would like to achieve while the statements in list (B) focus on the things you don't want. Because of the way the mind works you'll get what you're focused on. So, using the examples above set some goals for you by answering the questions below.

Answer the Following Questions

- *What would you like to achieve as a result of taking this eCourse?*
- *What does achieving this goal mean to you?*
- *How will you feel when you've achieved your goal?*
- *How soon would you like to achieve your goal?*
- *How strong is your desire for the goal you will set?*
- *Are you willing to commit to doing what has to be done to achieve your goal?*

It's Your Turn!

Self-hypnosis is happening all the time but to achieve goals you have to talk about and focus only on what you want so re-write the answers and this time follow this format:

- The goal I would like to achieve as a result of taking this eCourse is
.....
.....

Example: The goal I would like to achieve as a result of taking this eCourse is; To increase my client base and attract x amount of new business.

- What does achieving this goal mean to you?
.....
.....

Example: Achieving this goal means that I can buy a new car, go on holiday, become more successful, make more money, find a loving relationship, have children, become influential in my field of expertise, live in a beautiful home in, travel the world etc.

- How will you feel when you've achieved your goal?
.....
.....

Example: When I've achieved my goal I will feel so pleased and happy. I'll feel like I've made it, am accepted, valued, loved, cared for...etc. Or, When I've achieved my goal I will feel absolutely amazing and so excited and motivated to carry on and change the rest of my life.

- I would like to achieve this goal by.....

Example: I would like to achieve this goal by the end of this eCourse/Xmas 2012/August 2012/by the end of this month.

- How strong is your desire for the goal you will set?
.....
.....

Example: My desire to achieve my goal is very strong. It is very important to me to achieve this goal and I am 100% behind it.

- Am I willing to commit to doing what has to be done to achieve my goal?
.....
.....

Example: I am willing to commit to doing what has to be done to achieve my goal. I'm willing to spend the time needed and focus on achieving a great result and to keep going until I get there.

When you've completed the task in hand read it out loud. The process of self-hypnosis has already begun. You have essentially primed your mind by telling it what you want to achieve. You have started a process and begun it in the right way.

Keep this in a safe place and read it as often as you can and at least every day; preferably just before going to sleep (you'll find out the importance of this in a later lesson). We will refer to it later when we formulate the hypnotic suggestions.

Conclusion

The Universe doesn't stand still and neither do you, you are always going somewhere. When you set goals and think about and set down what you want to achieve and where you want to go live will begin to take you in the direction you are mentally choosing. The only other alternative is to leave your life to chance and fate. When you leave things to chance and fate you may get some good things and some bad but when you set goals you are directing the course of your life.

Congratulations You've Completed Day 1

You've learned the importance of setting goals and in the coming days you'll find out more about the why and how. Look forward to the next instalment of the self-hypnosis eCourse when you'll find out what hypnosis is and how it works.

To Your Amazing Success and Everlasting Happiness

Christine Wesson

Contact me at: christine@makingpositivechanges.co.uk

Telephone: 01243 699646 - Mobile: 07747 865982

I work with people all over the world by telephone.