Hello and congratulations taking the journey to use self-hypnosis in your daily life to achieve maximum success.

The purpose of this guide is to get you up and running with hypnosis as quickly and effectively as possible.

If you are more ambitious you may find the desire to read through the accompanying workbook, do all the exercises and listen to all the audio sessions as right away. And that’s great! But it’s certainly not completely necessary.

It is more important that you think of self-hypnosis as a tool that you can use throughout your daily life. It is more important that you commit to doing something small each day and have the positive effects grow over time.

This guide uses hypnosis and NLP techniques to make the Complete Self-Hypnosis System even more powerful.

**WHY 21 Days:**

The guidebook is set for 21 days so that you begin to incorporate self-hypnosis as a habit in your life.

Many people start to experience positive results with self-hypnosis immediately (even if it is just a pleasant feeling of relaxation).

My goal when creating this system was not to simply help you overcome one problem or frustration in your life, or to help you achieve one goal. Rather, I want to help ignite your confidence for using this skill no matter what challenge you face. Whether that is next week, next year, or decades down the road.

So with that in mind, I at least want to help you get started and take some of the “guessing work” out of the process of self-hypnosis.

Keep in mind that there are many different ways to approach learning this skill and you are more than welcome to make enhancements to this Action Guide to better suite your specific needs and objectives.

You will notice that the Action Guide is a bit more intense during the first few days. This is because during this time you are building the foundation for the benefits of self-
hypnosis to take place. Later on in the process you will simply be doing the maintenance :)

And remember - if you happen to miss a day or two along the way, that’s perfectly ok. Just pick up right where you started from!

So, without further ado, let’s jump into the Complete Self-Hypnosis 21-Day Action Guide.

**Day #1: Listen to tracks 1 & 2 of the first audio session**

Your main focus today is to practice relaxing. Simply listen to both tracks of session 1 and notice how good it feels to relax.

Bonus: Spend some time looking through the accompanying workbook and discovering some of the many benefits of self-hypnosis

Play the subliminal (session 3) in the background while you are doing something else and play the Sleep Learning (session 4) while you sleep.

**Day #2: Define Your Ideal Scenario**

(Exercise)

Today you are going to pick one goal to focus on and define your “Ideal Scenario.”

Take one goal to work on and spend 10 minutes writing down your perfect scenario. So for example, if your goal was to get healthier, you would write down all the attributes of your healthy lifestyle and get as detailed as possible. You would write down the exact amount you weigh, what types of clothes you are wearing, what you feel, etc.

Now, take that description and spend 3-5 minutes envisioning it in your mind. See yourself in your mind’s eye and notice:

What do you see?
What do you hear?
What do you feel?
What do you smell?
What do you taste?

Part 2: Listen to the Session #2 of the audio program. This will help you get as deep into a state of hypnosis as you feel comfortable. When it comes time to give yourself suggestions, you will already have a mental picture of how your life will be.
Play the subliminal (session 3) in the background while you are doing something else and play the Sleep Learning (session 4) while you sleep.

**Day 3: Review Workbook**

Your action plan for today is to spend some more time and read through the accompanying workbook.

The purpose of today’s plan is to get more familiar with the process of self-hypnosis and understand how valuable a skill it is for you to have.

Notice how many successful people have used some form of hypnosis, autosuggestion or meditation in their lives.

Play the subliminal (session 3) in the background while you are doing something else and play the Sleep Learning (session 4) while you sleep.

**Day 4: Remove Potential Roadblocks**

Today you are going to identify and remove any potential roadblocks that could stand in your way to reaching your goal.

First, review your ideal scenario from Day 2 and recall that mental picture.

Now, I want you to take out a scrap piece of paper and take 3-5 minutes and write down any potential barriers that could prevent you from achieving your desired outcome.

Do not spend time consciously thinking about this process. Leave it up to your subconscious mind and allow whatever comes up to come up.

Take only 3-5 minutes for this and write down as much as you can in that amount of time.

After you have done that, repeat the following phrase to yourself:

“I allow my subconscious mind to remove these barriers and allow me to quickly and easily achieve my desired outcome. I can preserve the learning from any of these experiences and let go of any negative charges associated with them.”

Now rip up the piece of paper as a signal to your subconscious mind that you have removed these potential barriers from your life.

Listen to track 2 of the Clearing audio program (session #1).
Day 5: Review Your Progress So Far

The purpose of today is to acknowledge any and all progress that you have made in the first 4 days of using the Complete Self-Hypnosis System.

Take a few minutes and write down ALL improvements that you have noticed within the past 4 days.

You may have noticed relatively small improvements using this course so far (maybe you find it easier to become relaxed) or major improvements (like banishing a bad habit). No matter where you are at so far, it is important to recognize and small improvements that you have made and congratulate yourself for being on the right track.

* Listen to the Subliminal and Sleep Learning audio sessions (#3 and #4).

Day 6: Find Your Self-Hypnosis Time

Over the next few days you are going to learn how to incorporate your self-hypnosis routine in a way that fits your daily life.

Today your goal is to find 5 common times throughout your day that you can use self-hypnosis. You may not think you can devote an extra hour per day to hypnosis and that’s ok. The important thing is to find at least some amount of time (even if it’s only a few minutes) so that you can be consistent.

Also think about times throughout the day where a quick self-hypnosis session will benefit you the most. Here are some examples:

- 15 Minutes before driving to work
- 10 Minutes during your lunch break
- 3 Minutes for autosuggestion while brushing teeth
- 45 Minutes for relaxation and hypnosis upon arriving home from work
- 25 Minutes - replace TV or Internet time with hypnosis

Obviously the amount of time will differ depending on your schedule and circumstance, but remember: it is up to you to carve out the time for practicing this important skill.

* Listen to the Subliminal and Sleep Learning audio sessions (#3 and #4).

Day 7: Congratulations On 1 Full Week!
Finish reading the workbook and review any sections that you found to be very valuable to you. Review your “Ideal Scenario” and spend a few minutes recalling that mental imagery.

Listen to the Subliminal and Sleep audio sessions.

Great job on using the Complete Self-Hypnosis System for an entire week!

**Day 8: Define Your Objective For Week 2**

You are now a week wiser when it comes to using self-hypnosis in your life.

For today I want you to define your objective for this week. You may have the same outcome that you had at the beginning of last week and that is perfect. Or, you may have come up against a few bumps along the way that you want to focus on.

Spend 5 minutes and write down what you want to accomplish for this week and note how you will use self-hypnosis in this process.

Remember to keep your outcome defined in the positive.

For example, “by the end of this week I will have spent at least 20 minutes per day using self-hypnosis in the area of attracting more wealth in my life.”

- Listen to track 2 of session 1 of the audio program.

**Day 9: Fully Relax On Your Own**

Today you are going to start implementing self-hypnosis into your daily life by doing it on your own. The hypnosis audio sessions that are included in this system are incredibly powerful and remember that YOU are the one doing the self-hypnosis. Today you will start the process of learning to do it without anything else.

Practice putting yourself in a deep, relaxing state. Find a quiet place, free from distractions and wear comfortable clothing. Focus on your breathing and exhaling any tension that you might have out of your body.

- Listen to the subliminal and sleep recordings.

**Day 10: Practice Self-Hypnosis On Your Own**

Today you are going to practice putting yourself into a nice light trance on your own without the use of the audio sessions.
The first step in the process is to fully relax. The second step is to start the induction process. I suggest using the same technique that is on session 2 of the audio program which is to descend a set of stairs and go in a deeper state of hypnosis with each step.

You can convince yourself that you are in a nice light trance by finding it difficult to open your eyes.

Give yourself one or two suggestions for the outcome that you are focusing on.

Count from 5 to 0 gradually waking up until your eyes are open and you are full of energy.

You just hypnotized yourself without any outside help!

Note: If you found this process to be difficult then go ahead and listen to track one of the second audio session. Notice how you are taken through the four steps. Remember, YOU are the one doing the hypnosis (whether it’s from a live hypnotist, an audio session, or on your own!)

Day 11: Create Your Own Hypnosis Script

Take a moment to reflect on the past two weeks and how far you have come with the Complete Self-Hypnosis System.

Today you are going to look through the workbook included in this course called “Hypnosis Scripts That Work.”

Notice how each of the scripts (and self-hypnosis that you’ve learned thus far) all follow a similar path. Now you know that whatever situation you may face in your life you can design your own hypnosis script to help you. Because you know the formula you can quickly and easily come up with your own script, no matter how specific it is.

If there is a specific goal that you are looking to accomplish that you haven’t spent much time on during this course so far, take 5-10 minutes and come up with your own hypnosis script.

Day 12: Catch Up Day

You’ve done great over the past 11 days! Use today to focus on whatever you feel is most important.
You could spend today going through one or more of the hypnosis audio sessions, reviewing the workbook, creating your own hypnosis script, or anything else that will benefit you the most.

If you own another Hypnotism.Net audio program (like “Complete Confidence” or “The Millionaire Mindset”) today is a great day to

**Day 13: Focus On A Complimentary Area**

Today you are going to focus on an area of your life that compliments your main objective.

For example, let’s say that your primary objective is to enhance your mindset when it comes to making money. Well, you could spend today on other areas of your life that can help with making money. This could be: increasing your overall self-confidence, becoming more assertive, or becoming physically healthier.

Take a moment and think of 2 or 3 areas that are great compliments to your primary objective.

They will most likely come from one of three categories: Health, Wealth, Relationships.

**Day 14: Congratulations On 2 Full Weeks!**

Congratulations on finishing up two full weeks using the Complete Self-Hypnosis System!

Today your goal is to spend 5 minutes and recall your “Ideal Scenario.” Notice how it is becoming easier to bring this mental imagery into your mind’s eye. Practice seeing, hearing, and feeling every last detail. If there is anything that you can do to make this mental picture more appealing then do that.

Suggestions to make this picture more appealing are:

- Turn the picture into a movie and put action to it
- Try making it crystal clear
- Is their color? Try making it as vibrant as possible
- Is the picture right in front of you? Try moving the picture (or movie) close to you and right in front. Now try pushing it farther away. What makes the imagery most appealing to you? Do that!
- Are there sounds associated with it? Try adjusting the volume control on the sounds until you come up with the most appealing imagery and sounds possible.
- What type of positive feelings do you notice? Try amping up the positive feelings. Can you make the feelings 10% more powerful? How about 100% more powerful? Keep amping up the positive feelings so it is as appealing as possible.

**Day 15: Define Your Objective For Week 3**

Today you are going to follow the same plan that you did during day 8 and define your objectives for the coming week.

Make sure your objective is stated in the positive and pushes you to reach your goals!

- Listen to Sessions 2, 3 and 4 of the audio program.

**Day 16: Remove Any Lingering Roadblocks**

Take a moment today and figure out where you are as it relates to your primary goal. Are there any roadblocks that are still lingering? Is there anything in the next few days or weeks that could set you back from reaching your goals?

If so, you can follow the exercise from Day 4 and influence your subconscious mind to remove those mental blocks.

- Listen to Session 1 of the audio program.

**Day 17: You Know What You Have To Do**

Throughout this process you have learned how to more effectively communicate with your subconscious mind.

Take a few minutes today to get completely relaxed. Once you are nicely relaxed simply ask your subconscious mind what you need to focus on today to keep you on the right path to reaching your goals.

Once you have a feeling for what you should do - Do it!

- Listen to Sessions 3 and 4

**Day 18: Focus On An Additional Complimentary Area**

Today you are going follow the same plan as Day 13 and pick a complimentary area to work on.
Pick something from one of the “Big 3” that you haven’t spent time on yet: Health, Wealth, and Relationships.

- Listen to Sessions 2, 3 and 4 of the audio program

**Day 19: Talk With Your Subconscious Mind**

Today’s assignment is simple: talk with your subconscious mind.

Follow the same plan as Day 17: get relaxed and ask your subconscious mind what you should focus on. It’s as simple as that.

**Day 20: Keep It Going!**

You are almost to the end of your 21 Day Action Plan! Your objective for today is to simply keep it going!

You have all the tools you could need at your disposal. You can spend today getting completely relaxed. Or you can spend the day picking a major area of your life to work on. It’s up to you.

The main thing is: Just keep it going!

**Day 21: Congratulations! - What Did You Learn?**

Congratulations on making it all the way through the Complete Self-Hypnosis System!

Today I want you to focus on what you learned throughout this three week process. Take a few minutes and write down where you are now compared to where you were 3 weeks ago.

What have you learned?
In what areas in your life have you improved?
What was the most valuable thing I gained during this process?
What goals do I have left to accomplish?
How else can I use self-hypnosis in my life?

Again, congratulations! I am very happy for you and - I want to hear your story!

Send me an email at tim@hypnotism.net and let me know what you gained from this process!