

# How to self-hypnotize your brain into achieving your goals

Do you want to self-hypnotize your brain in achieving your goals the fast way or the most effective way?

The fast way is to Google self-hypnosis and check out a couple of sites and products until you find one you think sounds right. Then download your purchase, upload it to your iPod and running it on replay until you see results.

But, that would be like going into a shoe store for a pair of heels for a holiday party and buying a common, everyday pair of **plain black shoes**. It's a fast easy purchase, not much thought required and it attempts to solve an immediate problem. But, is it really right for you?

Or, would you be willing to take your time and find that **"just right"** pair of heels— the one's that make you look fantastic, feel so comfy as you dance the night away and the one's that become your favorites because they always make your feel so... good whenever you wear them?

**Self-hypnosis is a planning tool for achieving your feel good goals.** You can use a quick and easy, mass marketed program or a program that takes a little more planning.

A self-hypnosis program that requires **a little planning is actually more effective long-term** because it is designed specifically for your needs and your specific goals.

The self-hypnosis I want to share with you is the more effective one that *in the end makes your feel so ... good whenever you use it to achieve your goals.*

Over the next several postings you can learn the **5 easy steps**

it takes to create your own personalized, self-hypnosis program.

This way, each self-hypnosis step you take **will effectively get you to your goal faster, because each step is one your brain is more likely to agree to follow and put into practice.**

*Here are your 5 easy steps ...*

**Step 1** Match your goals to results producing self-hypnosis suggestions

**Step 2** Create a mind set that doesn't sabotage your self-hypnotizing suggestions

**Step 3** Monitor and revise your program as needed for greater impact and flexibility

**Step 4** Increase your suggestion effectiveness (10X) with a personal delivery system

**Step 5** Finalize your goal program and prepare to celebrate a new aspect of your life

***So, get ready for Step 1 is coming up next.***