

Powerful Self-Hypnosis Suggestions

Compose your own personal self-hypnosis suggestion/affirmation for positive change around your specific issues. It should be **positive, believable, simple, in the present tense as if it is already real and true, and should “feel good and right on.”** Create several if you wish. Use the same one for awhile, then you may switch to another. Have fun with these. Your mind is powerful and it is created by a Source greater than yourself, so you can tap into great wisdom, benevolence, support and healing.

EXAMPLES: “Every day (in every way), I am (getting) better and better.”

- “I AM enough. There is enough.” “I do my best and let go.”
- “I choose love instead of fear. I BREATHE and let go.”
- “I trust that all shall be well, everything shall be well.”
- “Every day, in every way, good health, wealth, success and abundance flows to me freely because I’m a deserving person.”
- “I breathe deeply and R-E-L-A-X.” “I’m in the flow.”
- “I take baby steps and clear the clutter of my mind, my emotions, my body, my spaces.” “I’m ready to let go.”
- “My life flows in the direction of my most dominant thoughts. I choose (desire).”
- “Whenever I take a relaxing belly breath, it triggers my relaxation response. As I exhale, I use the power of my mind and say a positive suggestion.”
- “I am capable, calm and confident.” “I focus on the positive and it grows.”
- “I’m in the process of deeply and completely loving, accepting and forgiving myself.”
- “I can say ‘No.’” “I say ‘No.’” “I can say ‘Yes.’” “I say ‘Yes.’”
- “I am in the process of becoming trim and toned.”
- “I enjoy being lighter and stronger.” “I enjoy eating delicious, real foods.”
- “I eat less and get more pleasure.” “I eat light and feel right.”
- “It’s an act of self-love to take time to plan, shop, and cook healthy.”
- “I’m in the process of loving myself and accepting my body.”
- “Every day in every way, I’m moving toward my ideal weight.”
- “I listen to my body’s wisdom, and choose new healthy foods.”
- “My body and mind are perfect self-healing mechanisms.”
- “I am in the process of changing my mind about _____.”
- “I can set healthy loving limits and boundaries in all aspects of my life.”
- “I lovingly detach from craziness/dysfunction/mischief.”
- “Time is cyclical and it regenerates all the time. I think of time as a circle.”
- “I do one thing at a time, and it all gets done.”
- “Stress free! That’s me!” “I take time for me.”
- “Even though I am a caregiver, I also take care of me. I am worth it.”
- “I listen to the wisdom of my body and mind and R-E-L-A-X.”
- “Calm.” “Relaxed.” “I can handle this.” “BREATHE.”

Compose your personal self-hypnosis suggestion(s). Be creative and specific. Manifest!