***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!

Gina Orlando, MA, CH Certified Hypnotherapist and Wellness Coach [www.ginaorlando.com](http://www.ginaorlando.com) (708) 524-9103 ginaorlando8@gmail.com