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Hypnosis Script: “Making Your Goal a Reality”

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A printable guide with activities, checklists, and resources to support mental health.

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Ideal for use daily or several times per week.

[Induction – Relaxation Phase]

Take a deep breath in... and slowly let it out.
Again, breathe in deeply… and exhale fully.
Allow your eyes to gently close… and let the outside world melt away for now.

Notice the gentle rhythm of your breath.
Each inhale fills you with calm…
Each exhale lets go of tension, stress, and any distracting thoughts.

Now, bring your attention to your toes… and relax them.
Relax your feet… ankles… calves.
Let that soft wave of relaxation move up through your knees… your thighs…
Your hips… your stomach… and chest.

Relax your shoulders… arms… hands… and fingers.
Let your neck and jaw soften…
Let your eyelids grow heavier…
And let your entire body melt into comfort.

You are now in a calm and peaceful place—ready to focus your mind and connect with your deeper self.

[Deepening – Visualization Setup]

Now imagine yourself standing at the beginning of a beautiful, peaceful path.
This path represents your journey toward your most meaningful goal.
It might be a career goal, a health goal, a creative goal, or something deeply personal.
Whatever it is… let that intention gently rise to the surface of your mind now.

As you begin walking down this path, notice the sights, sounds, and feelings around you.
The air feels clear… the path is inviting… and you feel guided and supported.
With each step, you move closer to the version of you who has already *achieved* your goal.

Now… imagine that your goal has already come true.
You have done the work… stayed committed… and it has paid off.

See yourself in that moment of success.
Where are you?
What do you see around you?
What are you wearing?
What are you doing?

Take a moment to fully *be* in this future version of you.

Feel the joy… the pride… the confidence.
Let it wash over you now—let your body *remember* this feeling.

You might notice a gentle smile forming… a feeling of possibility and power rising within you.

[Suggestion – Subconscious Programming]

And now, as you feel aligned with this success, let's affirm it deep into your subconscious:

- I am clear about what I want.
- I follow through with confidence and ease.
- I trust myself to make progress every day.
- My goal is unfolding naturally, step by step.
- I already have everything I need within me.

With each repetition, imagine these words sinking into your mind like seeds in rich soil.
They are growing strong… stable… unshakable.

From this day forward, you find it easier to take aligned actions.
You remember your purpose even when life gets busy.
You feel naturally drawn toward choices that support your goal—like a compass pointing north.

Even challenges feel manageable, because your inner focus remains strong.

[Integration – Anchor the Feeling]

Now… take a moment to anchor this experience.
Place your hand over your heart or on your chest.

Feel the warmth and truth of this journey.
This goal is not something far away—it is something you are already becoming.

You can return to this feeling anytime.
The vision is yours.
The path is clear.
And you are walking it now.

[Re-orientation – Coming Back]

In a moment, I'll count from 1 to 5, and you will return feeling focused, refreshed, and inspired to take your next step.

1… becoming more aware of your body
2… bringing back a sense of motivation
3… feeling clearer, more alert
4… taking a deep breath in
5… eyes open, fully awake and aligned with your goal

Welcome back.

Tips for Use:

- Listen in the morning to set the tone for the day.
- Journal for 5–10 minutes afterward to write down any insights or next steps.
- Pair with a vision board or written goal for reinforcement.