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“Minding The Mind”



Priming for Focus, Confidence & Creativity

Step 1: Choose Your Intention

What do you want to strengthen or shift today?

Focus Confidence Creativity Calm Motivation Other: _____

Step 2: Select a Prime

Choose a word, phrase, image, or symbol that supports your intention.

Write it below and keep it visible throughout the day (sticky note, phone wallpaper, journal).

My Prime Today:  Word or Phrase: _____

 Image or Symbol: _____

Step 3: Affirm & Visualize

Say your chosen phrase aloud and visualize yourself succeeding in alignment with it. Use present-tense, empowered language.

Example: “I am calm, capable, and focused.”

“Ideas come easily when I allow space for imagination.”

My Affirmation: _____

Step 4: Engage with Your Environment

Surround yourself with cues that support your intention. Circle what you’ll use today:

-  Sticky notes with keywords  Inspiring art or nature imagery
-  Music that energizes or calms  Quotes that align with your goal
-  Repeating self-affirming language  Breath or body posture cues
-  Mirror statements or reminders

Step 5: Reflect (End of Day)

Take 2–3 minutes to note how today’s priming influenced your mood, mindset, or actions.

- What did I notice?
- Did I feel more aligned with my intention?
- What will I repeat or change tomorrow?

Optional Add-On: Use in Trance or Hypnosis

Bring your prime into a relaxed or hypnotic state to deepen its impact. Imagine it as a color, sound, or feeling expanding through your body and mind.

Remember:

You’re not just reacting to your environment — you’re creating it.

Priming is your tool to gently train your subconscious toward success

Disclaimer: The above shares information considered to be reliable from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. The above does not take into consideration any type of concerns such as food allergies or aversions. Always consider whether this information is appropriate for you & always confer with your health professionals.