

Create Autosuggestions

Easy Steps to Make It Work

Pick Something You Want to Shift: Think about how you'd like to feel or act—maybe a smoother day at work or a calmer bedtime.

Aim for Realistic Yet Inspiring Goals: Choose affirmations that are ambitious but believable for *you*.

Make It Feel Right with “I Choose to...” Phrases like “I choose to feel peaceful” are empowering—and they put you in the driver’s seat.

Bring in Emotion: Bit of hopeful energy, a little gratitude—anything that makes it feel meaningful. The more you *feel* it, the more it sticks.

Keep It Personal: Use “I” or “me” language. Your affirmations shouldn’t be about what others expect of you—they’re about your own objectives and processes.

Stay Positive: Use positive, not negative phrases. “I choose calm” rather than “don’t stress.”

What You Might Notice

Less Stress: Your brain catches on to those positive signals.

More Confidence: You’ll start believing in yourself—because you’ve been telling yourself you can.

Better Sleep: Repeat your affirmations before bed, and let the day’s worries drift away.

How It Works Behind the Scenes

The subconscious is like a sponge, soaking up what it’s told. With repetition and positive framing, those awesome thoughts can become second nature—and hypnosis and can boost that process too.

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