

Use My Self Hypnosis "Countdown Technique" To Reach Your goals In 2006!

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Here we are at the end of the first quarter of 2006. Can you believe it? No matter what you have or have not done, I want you to imagine that you now have a clean slate, a fresh canvas, and a new start.

Take the lessons of all the past years and create a plan, which directs you toward your current goals. Do you realize that you must aim directly at your target in order to hit it? What are you aiming at? Where do you want to be at the end of 2006? I encourage you to set a course and go for it. Right after reading this article, sit comfortably and write out your goals for 2006. Future Pacing is an NLP (Neuro-Linguistic Programming) technique, which is quite often used in hypnosis. Here's how you can use self hypnosis to accomplish your 2006 goals:

Sit alone in a quiet place. Imagine that it is the last day of 2006. In fact, it is the last few minutes. There is excitement in the air as the countdown is about to begin. Whether you are imagining yourself celebrating alone, with one other person, or in a group, you are excited. It is just about to be 2007.

As you sit alone imagining this scenario, you paint the picture clearly. Add sound. Add scents (maybe sparklers, or the smell of the fresh outside air). You are excited yet cantered. That's right, use the powers of self hypnosis to make this real for you. You have worked so hard this year to make your dreams come true, so now you can simply sit back, relax, and revel in the excitement of this powerful year coming to an end. You know that 2007 will hold even greater possibilities for you to reach the next level. And now, continuing with your self hypnosis, see the countdown...

10...Feel how good it feels to be a winner.

9...Really get in touch with that part of you which is progressive, innovative, and won't settle for anything less than the best in yourself.

8...Getting closer and closer to the New Year...feeling more and more alive and proud of yourself.

7...Relaxed yet excited...isn't that an amazing feeling!

6...Now, see all the many steps it took to get to where you are...it all seems so simple now.

5...If you had it to do all over again, you could do it easily and almost effortlessly. You understand that in your current state of self hypnosis.

4...The ball is about to drop in Times Square, and you are calm.

3...So close now...revel in the beauty of a year well-lived.

2...You are a winner...and you know that winners ALWAYS win!

1...Almost...

and...HAPPY New Year!!!...Imagine that it is 2007! You have easily and powerfully achieved all of your 2006 goals using the powers of hypnosis and you are ready for an even more amazing 2007!

You can use this "Countdown Technique" any time you choose, as often as you like. IT will help you:

-Develop a clear understanding that winning is the only option. - Understand how to get from where you are to a successful year-end. -Feel confident that you are on the right track. -Motivate yourself!

So, there you have it. The NLP technique of future pacing has been around for a while, but future pacing with the hypnotic "Countdown Technique" is something that I invented. It is a new, powerful hypnotherapy technique. Use it often. Have fun with it. I want you to feel free to make it yours. It is my hypnosis gift to you, to empower you to reach for the stars and make your 2006 goals come true!