



6S to Success

Six Steps to Wipe-out Worry, Neutralize Negativity & Rewire Yourself for Habitual Happiness

1 STOP

- Stop what you're doing the moment you notice negativity, frustration, worry or your unwanted habits pop up
- Become aware of your internal dialogue & emotions - what were you saying to yourself? What were you feeling?

2 SNAP

- Now SNAP out of it! Snap your fingers immediately (or a rubber band you can wear on your wrist as a reminder)
- Tell yourself - firmly but kindly "NO! Snap out of it!"
- Get the attention of your mind & body with your snap.
- Think of that worry, negativity etc. as an old unnecessary, outmoded "program" running - one you're ready to delete!

3 SENSE

- Now get quiet, slow down, get still & become present
- Activate your senses - breathe deeply
- Send your awareness to your feet. Sense your toes
- Listen to the sounds around you. Smell the air
- Notice sensations in your body - arms, top of head, ears etc.

4 SHIFT

- Shift into imagination
- Shift your awareness into & around your heart & lungs
- With breath "fill yourself" with bright, positive light. Imagine its colour & how it moves through you - "see" it shifting negativity
- Open imaginary drains in your feet & let the negativity, worry & old habits drain out (heavy stuff always sinks to the bottom!)

5 SET

- Set into motion feelings, images, sounds & sensations of a happier & more "ideal" you
- Imagine yourself as you wish to be - positive, calm, happy, free of struggle etc. See your face, hear your voice, sense your attitude
- Set into motion feelings & emotions of ALREADY being your ideal self - as if you just recognised you are already as you want to be!
- Set yourself up for success. Set this new version of self into motion with intention

6 START

- Start thinking about how your ideal self functions, feels & thinks - ask yourself "What would my ideal self do right now?"
- Start the next moment(s) the way your ideal self would - with the attitude, thoughts, energy, emotions & actions
- Start choosing & deciding things just like your happier self does. Each time you "SNAP out of it", start the next moment this way
- Notice that each time you ARE following thorough, you are actually being your ideal self already. Now keep it up!

- **Follow the 6 steps *in order*** every time you notice frustration, worry and/or your unwanted habits pop up. Continue to repeat the process EVERY TIME (OK, so you might not catch the "program" every time at first & that's fine – you'll get better at catching yourself at it & noticing just how sneaky it is!)
- **Yes, you might find yourself "snapping" yourself frequently at first.** But stick with it – you WILL notice shifts happening.
- **Each step is designed** to break you out of old patterns & old "wiring". The steps cause you to teach & re-train your mind & body repetitively. You'll be coaching your mind & body to create & integrate positive, more comfortable & productive ways of being & thinking.
- **You'll become more present** & also more aware that *you are (& can continue to be) in charge* of your feelings, thoughts & states of being. Anxiety & worry cannot easily exist when you are truly present.
- **Your new programs** of positive thought, energy & happier ways of being can ultimately become your new "default settings" – overriding & overpowering the old negative, unwanted programs. You're wiring yourself for habitual happiness!
- **Practice, practice, practice.** You're essentially learning a new language – it takes practice to become fluent & for your happier program to become habit. Most clients experience shifts in 3–5 days, but keep at it! The reward of **habitual happiness is SO WORTH IT!**

Has anxiety, stuckness & negativity been
getting the better of you?

Are you feeling frustrated & fed-up?

Are you dying to **STOP** your spinning mind & finally
BE FREE of old habits & unhealthy mindsets?

**If you're ready... to get calm, clear & in control for good,
contact me for a Mindset Makeover Strategy Call**

Learn about 'The ABCs of a Healthy Mindset'



Call or email to schedule

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Shalynn Flavell
Mindset Mistress

"What your mind dwells upon, your body acts upon..."