

MOTIVATION FOR SUCCESS

(Use the questionnaire provided so that you have the goal and reward to fill in where needed.)

Imagine that nothing holds you back from **reaching your goal** and becoming the **successful person** that you want to be.

Imagine a **perfect** kind of day... a day that you awaken to and just know it's going to be the kind of day where **everything** is right... **everything** just falls into place.

Your feelings are **good**... you feel **at peace**... you feel **content**. You have been **comfortable** and **protected** within the boundaries that you yourself have created.

Think of the goal you will achieve ... and now think of the reward for reaching your goal.

Maybe you've been stuck or felt blocked and now you **choose** to **push back the blocks** you may have created... and instead you are **expanding your horizons**... reaching forward higher and higher... and feeling so **confident**, so **comfortable** with your new goals... feeling **confident** and **comfortable** with your expanded boundaries. Feeling **safe**... **secure**... and **pleased** that you have the **control and power within you to change** perceived limitations... and be the **successful person**... you choose to be. Imagine it as vividly as possible.

Your feelings are **good**, you feel at **peace**, you feel **content**. Now just imagine taking this special day and placing it just a little bit in the future..., a day or two..., a week..., a month.. just a little in the future... and imagine that you have **resolved** many challenges or problems... and they are now in the past. Really be there in your mind.

Imagine a **smile** on your face... you are at **peace**... **content**... **you've found solutions** to problems and you have **resolved them**. Imagine it as vividly as possible. Raise your pointer finger when you have it. You are now **free** of past burdens... you are **confident**... **self-assured**... you feel **centered and strong**... now just imagine yourself accomplishing _____ [*add client's goal*].

Imagine or get a good sense of **yourself** putting all other minor goals aside... and just focusing on this one most important goal or project. Imagine **yourself** putting effort and energy into it and **accomplishing** it. Take a slow, relaxing breath and say to yourself "success". This is your post hypnotic suggestion, your anchor. Use it often.

Begin to become aware of new challenges... new opportunities... that are even **more exciting**. Get a good sense of **empowered energy**... you're **enthusiastic**... you're **focused**... and new ideas develop from the old... new **positive energy and positive feelings** emerging... **you are successful**. You achieve your goal of _____. Imagine it as vividly as possible.

Now, repeat these words silently to yourself, remember to add goal and your reward:

"My reward for reaching **my goal** of _____ is _____."]

Imagine yourself **worthy** of all the good things life has to offer. **Reaching your goal** is very beneficial to you... and as you **continue to reach your goals**, see them as **positive events**... positive for you and those most important to you. Imagine yourself putting energy into reaching your goals and **becoming the success** you deserve to be.

Now for a moment, Reflect on **other goals** you have already reached... they were good for you and all those around you. You know how to succeed.. You'll persist and you'll succeed.

Again, see yourself **successful** and **happy**... You're **confident and comfortable** in your success... using success in the most **positive and worthwhile ways**. You **deserve** to be successful... See it... feel it... really be there! You are **successful**.

Your mind is clear.... you see yourself as the intelligent and creative person that you really are.

Going forward you'll have **many choices**... **many options**... and whatever **you choose** to do... whatever direction you take, it will be **positive for you**.

Your success is a **positive event** for you and **all** those whose lives you touch. The choices **you make**... and the path **you take**... are absolutely **right now**.

Now imagine yourself **clearly** in the near future... taking **positive directions** and making **positive choices**... and bring this image into **the present**... see yourself **resolving problems**... see yourself **confident, comfortable** and **successful** with many **wonderful and positive paths to choose**... and you know you can continue your success, can continue to make choices that enhance your life.