

Hypnosis Can Help You Set and Achieve Goals

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It is well established that being successful in life is a matter of understanding your goals. Most of us know this, but few of us actually set out on a plan of action. The subconscious mind can provide both motivation and knowledge of procedures through hypnosis.

There are two facets to goals. The first identifies what you want to achieve, the second, how to go about doing it. To achieve your goals, you need to set them realistically, and be accountable for the implementation.

To move through goal setting to planning to achievement, demands that we tell our subconscious what we want. Visualization skills can be useful. To get our goals into the subconscious, several steps are helpful. Set a basic accomplishment goal then evaluate benefits to stimulate your emotional drive? Note the obstacles - if these are excessive you will fail. Figure out what knowledge and skills you require and if you don't have them, where can you get them. Set a plan of action and establish a deadline.

If you haven't been successful on your own, hypnosis can program you to proceed through a sequence of small steps - each an achievable goal - so that we can experience both success and a sense of completion.

A lot of us are caught in the "Play Pen Syndrome." As children we are in the playpen to keep us safe. This carries over to our adult life - we play safe, unless we have learned to set goals. Goal setting makes us achieve something in life rather than just going along with what happens.

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