



Peak Power Hypnosis

Self-Image Booster

CREATE A POSITIVE AND YOUTHFUL SELF-IMAGE AND BOOST YOUR CONFIDENCE

People who have a self image of themselves as young are more likely to display the signs of being young!

Your self image, unsurprisingly is the image (in your mind) that you have of yourself. So think yourself young, happy, motivated, confident and more. Become aware of the image you have of yourself. Stop for a moment and think about how you see yourself. How do YOU perceive yourself?

This interesting experiment shows you the power of Self-Image. A group of people who all wanted to lose weight were asked to edit a photograph of themselves (the picture had been stretched to make them look much bigger), they each edited their photographs (moving it to where they thought was normal) but ended up setting the photograph considerably fatter than they actually were. This is because the self image they had of themselves was not accurate. They perceived themselves as fatter than they actually were and this had a negative effect on their confidence.

Having a self image that is positive and focusing on your healthy, youthful qualities means that you will feel healthier and more youthful.



“Our self image strongly held, essentially determines what we become.”

Dr Maxwell Maltz

Dr Maxwell Maltz the author of the phenomenally successful book Psycho- Cybernetics, discovered that self-image plays a very important part in determining what you do, how happy you are and so on. With a low self- image the most expensive dress and shoes will make no difference to the way you see yourself. Dr Maltz (a plastic surgeon) discovered that a percentage of the clients he operated on thought that their new cosmetic procedure would make them feel good about themselves but it didn't; he concluded that the change they needed was not on the outside but on the inside. Some of his patients didn't seem to feel good about themselves because their self-image didn't change with the cosmetic surgery.

THINK YOURSELF YOUTHFUL AND HAPPY

This is an exercise designed to improve your self-image. Do it every day for two weeks (it only takes a minute or two) and notice the difference it makes.

Stand up and imagine seeing yourself stood in front of you. A version of yourself that is wonderful in every way. (stop right now if your conscious mind is getting in the way by saying things like: 'this is silly,' or 'what good will this do?' or 'I could never be like that.' Remember you are about to reprogram your unconscious mind so that you will think of yourself in a better way. So put aside the conscious minds critical nagging and just do it.)

Study the image in your mind of the wonderful version of yourself, look at the way you stand and your movement, your rhythm, the vibe you give off, the way you act and speak etc.

Then imagine stepping into the new version of you. Feel the way you would feel if you were like this, act the way you would act and see the world through the eyes of your new wonderful self.

Next imagine seeing an even more amazing version of yourself, and step into that. Really indulge yourself in those feelings... enjoy it.

Imagine being like this more and more every day and how great that is.

Then see yourself in different situations with your new self image... and notice how different you are.

Repeat again tomorrow and for the next two weeks and notice how others start reacting differently to you.