

STELLAR *Life*

Hosted By *Orion*

The Power of Hypnotherapy

10 Point Checklist

Anthony Peters

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Hypnosis is getting yourself into a state of deep learning so that you can create change subconsciously."

ANTHONY PETERS

10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.

- ☐ Get to the core of things to resolve them quickly. Whenever you notice a negative pattern of behavior, get to the root cause so you can tackle the problem effectively.
- ☐ Keep an open mind about hypnosis. It is a misunderstood process of change that can help you overcome obstacles and trauma.
- ☐ Learn more about the different types of hypnosis. There are several standard progression courses and styles of neuro-linguistic programming (NLP). Find out what works best with you.
- ☐ Do some research before consulting with a hypnotist. Check their credentials and once you're in session, make sure that they listen to you with intent and that they get you.
- ☐ Develop a trusting relationship with your hypnotist. Be honest if there is a feeling of resistance whenever you want to deal with a traumatic experience. You don't need to dive into it right away because there are ways to work around it.
- ☐ Rely on yourself and take responsibility for your own healing. The hypnotist/therapist can only guide you. It is up to you whether you want to disrupt a negative pattern that affects your life.
- ☐ Value your relationships and friendships. It's a blessing to have a support system who understands and accepts you for who you are.
- ☐ Make time for activities that give you pleasure and fulfillment. Doing something that you love, even in challenging times, is an important act of self-care and can have benefits for your mental health.
- ☐ Learn ways to communicate more effectively with others, and with yourself. There is power in language. It can change people's minds or motivate them into becoming something better.
- ☐ Learn more about hypnosis and Anthony Peters' work by visiting his website, www.neuronosis.com