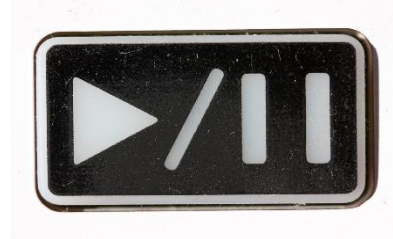


Mark Bellini

Overcoming Procrastination Hypnosis Script



Today is a new day in your life..... In a few moments we are going to go on an imaginary trip..... I am going to ask you to use your powerful imagination as you are going to a very special store just for you.....

You are sitting now in a warm reclining leather chair... now and imagine..... see yourself as you enter the space ship shop and select a blue shopping cart with flashing lights..... and you now see the bin from which you can select your gifts.....

These are very special gifts because as you place each gift into your cart you will feel lighter and lighter..... deeper and deeper..... letting your mind and body release the tension.....releasing the luggage you have been carrying around...for years and years... 10 gifts for you..... counting down from 10 to 1.....

You reach forward and select gift number 10 from the bin...

From this point on as you place each gift into your cart you will try to remember what you forgot..... reaching for and placing number 10, “Happiness”, into your cart..... now gift number 9, “Contentment” calm and relaxed..... 8, “belonging” body and mind tranquil and content..... 7, “Courage” gift number 6, “Harmony” into the cart..... reclining the leather chair even more..... 5, “Inner-Peace” more relaxed than you have been in years..... number 4, “acceptance” calm all over..... 3, “Faith”in the days to come... as you reach for gift number 2..... “grace” and at last you take ownership of gift number 1..... “Security” you now care about doing a good job... an imperfect job... try to remember what you forgot...when you dropped the mental baggage...

I’d like you to use your imagination right now...Imagine that your *right* hand has an extremely powerful remote control on the back of it ... and as I place my soothing hand above yours ... imagine that my hand is pressing a button on the remote control...

As I lift my hand slowly away from yours you can feel your chair slowly reclining...little by little...as a warm blanket covers you...

Feel the chair going back...back and back...and allow it to hug you and make you warm...as you let go of that heavy weight your brought with you...

Now on the count of three I am going to lightly touch the back of your hand and as soon as I do so... you will sink into that soft, comfortable chair...

One ... two ... and three (*touch*) Allow yourself to go deeper and just relax...

I'd like you to imagine that directly in front of you is a white board...

I'd like you to imagine that you are picking up a black marker and drawing a large circle in the center of the white board about 15 inches in diameter...and you are still comfortably seated in the warm leather chair...

I would like you to write down how your life is now that you are getting things done just right... You are finally taking action...

- Write down... I prepare for the job...then I go for it...
- Write down... I do just the right amount of research...
- Write down...successful people get things done just right...
- Write this down... use my alarm clock to work in small blocks of time...

- Write down...I follow the map and start moving...
- Write down...I know enough to get started...
- Now erase everything that you wrote down before...and remember it if you can...try to write it all again on the board...

Now hold on for a few moments while I explain your instructions...
When I tell you to go ahead ... you will continue thinking about those things...

And now, while you are doing your thinking...you are also going to learn the art of controlling procrastination...

After this session, you will feel excited, relaxed and eager to get going... You will feel happy and so confident that you are now able to control your anxiety and get things done...plan and act...plan and act...imperfectly...just right...

What I would like you to do right now is to use your imagination ... imagine a scene in your mind ... see yourself in a wonderful place ... a place free of your daily anxiety ...your heavy baggage... It could be that

place that you went to as a child ... it can be a fantasy place...Disney world... or a real place ...the beach boardwalk... see it in front of you ...

You are back in that place...You once again feel the energy...your confidence...See those familiar faces...You once again make plans and take action...Sometimes it comes out right...sometimes it doesn't...But you make a plan...and go for it...That's what successful people do...That's what you do...

Just hear the sound of her saying:

You are in the top 40... average but successful...still able to make things happen...making decent money...

Just make less money on the first job...Make more money next time...

Just keep following your plan.....follow the map...

Just do a decent job...Get it done...Think about it a little...then go out and do it...each and every time...

You are now back to that place, where you know you have the skills...you know how to plan it all out... You know how and when to prepare...when to let go...when to take action... It's all planned out.....

Remember,

Being successful means reaching your goals... your own way...just good enough...

You do your best with what you have... Your boss is satisfied...Your customer is satisfied...they seem satisfied with you...

Success means different things to different people...

I am asking you now to listen to these instructions carefully and make sure you understand them...

Sitting at home and thinking, while your best years are passing you by...

Starting now, you do these things:

Set smaller goals...Smaller goals give you enough time do a good enough job...

Turn on that alarm and spend 30 minutes doing the most important thing..... When the alarm goes off... take a five minute break...

Turn the alarm on again for 30 minutes... Focus on the second most important thing you have to do... When the alarm goes off... take a five minute break...

You repeat this all day long to get things done...If it works...keep doing it...

Focus on my voice... You do the things you wrote on the calendar... The things you have to do... Watch those videos later...You are now focused on reaching the lifestyle you planned on last week's form... Other things can wait until later in the day when you are free to relax...

You are like those successful people...you take more risks... You are comfortable following your plan...You do things just right...

You prepare just enough...You research the best practices...You take action...You learn something from your small mistakes...you are still making some money...earning while learning...

Making more money to buy that apartment...take that exciting trip...do all those things you want to do...take that course...making your life happen...

The doors are opening to your new life...a bright horizon...knowing how to make it happen...work one hour...relax five minutes... work one hour...relax five minutes...always in motion...

You now practice what you learn...You learn from others...You review what you learn...over and over...And put the learning into action...to make your goals into reality...That's the only way...

And now I will count to five and at the count of five you will open your eyes feeling refreshed in your warm chair, as if you came out of a warm bath ... You are now a well-respected professional who makes things happen in your life...

One You are starting to emerge from hypnosis

Two Feeling energized in every way

Three Your mind is clear and alert as if you had a full nights' sleep

Four Your eyes are starting to open and...your time has
come...

Five Eyes wide open, fully awake and feeling great... ..
welcome to your new self...Open your eyes...