

May 21, 2025 - Assignment: Cultivating Positive Expectation & Curiosity

Purpose: (following May 21st hypnosis session)

To reinforce the trance work by actively engaging your conscious mind in noticing and strengthening moments of positive expectation and everyday curiosity.

1. Daily “Curiosity Log”

- **When:** Each morning, before any major activity.
 - **How:**
 1. Take 5 minutes with your notebook or journal.
 2. Write down **three** things you are genuinely curious about today (people, ideas, tasks).
 3. Next to each, jot one simple next-step question or action (e.g., “I’m curious about that new project—what is the first thing I can learn?”).
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2. Positive Expectation Check-In

- **When:** Mid-day (around lunch).
 - **How:**
 1. Pause for 2 minutes.
 2. Close your eyes, take three slow breaths.
 3. Recall one upcoming event or task today.
 4. Consciously choose a positive expectation (“I expect to gain insight from this meeting,” “I anticipate a moment of calm during my afternoon break”).
 5. Write that expectation down and mark ✓ if by end of day you noticed it beginning to unfold—even in a small way.
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3. Curiosity Experiment

- **When:** Once per day, at any moment you feel “stuck” or routine-bound.
- **How:**
 1. Identify a mundane task (making coffee, checking email).
 2. Pick one small detail to explore as if you’ve never seen it before (the aroma notes in the coffee; the hidden filter features in your inbox).
 3. Spend 1–2 minutes fully exploring that detail—describe aloud or in writing what you notice.

4. Evening Reflection (5–10 minutes)

- **Structure:** Divide page into three columns.
 1. **“Moments of Curiosity”** – List times you consciously opened to curiosity.
 2. **“Positive Expectations Met”** – Note any expectations you set and how they showed up (even partially).
 3. **“Lessons & Insights”** – Briefly capture what these experiences taught you about yourself or your day.
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5. Weekly Integration (once, at week’s end)

- Review your daily logs and reflections.
 - Circle 2 practices or exercises that felt most energizing or revealing.
 - On a fresh page, draft a short plan for how you’ll deepen those two practices next week.
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Materials Needed:

- Notebook or printed handout
 - Pen
 - Quiet space (2–5 minutes, 3–4× daily)
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Goal:

By systematically noticing curiosity and anchoring positive expectation, you strengthen the neural pathways that support optimism, openness, and attentive engagement—deepening the impact of your hypnosis sessions.