

Alec - Hypnosis Integration Assignments

Affirmations (repeat daily):

- I release what no longer requires my attention.
- Every time I let go of the small, I reclaim something greater.
- I lead with presence, not pressure.
- Stillness strengthens me more than striving.
- I prune what distracts, to nourish what matters.

Post-Hypnosis Journaling Prompts:

- What small detail did I choose not to control today-and what happened as a result?
- Where in my life do I sense something deeper emerging beneath the silence?
- Which habit or task can I release this week to create space for healing?
- How does my body feel when I stop reacting to non-essentials?

Behavioral Practices (daily/week):

- Each morning, write down one thing you will consciously *not* try to control that day.
- Choose one project, commitment, or task to pause for 48 hours and observe how you respond.
- Set a timer for 15 minutes of quiet sitting-doing absolutely nothing-and notice what arises.
- Once per week, delegate or delete a recurring task that no longer aligns with your inner priorities.