


What Will You Be Doing To Make Your Life Happier in 2017?

A new year approaches. I suspect many people will be glad to see the  back of 2016 and will look forward to 2017 on the premise it can't be any worse. But for all that the year about to end has brought tragedy, heartache and despair to many, what will you be doing to make your life happier in 2017?

New Year resolutions will be tripping off the tongue of many as the bells approach this weekend. Particularly as the festive period is now on the home straight and the realisation that too much food and alcohol has been consumed; the oft-repeated pledge to give up the fags will be taken again on 2nd January; and the much-used 'I'm definitely going to get a new job next year' is, to use a social media phrase, 'trending' again.

Sadly, as is so often the case, these pledges are usually thrown away along with the Christmas tree and cards during the cold, dark month of January. The winter blues set in and 'you're not really in the mood for change right now'.

We are driven by habit. What we are used to doing on a daily basis, week in, week out until another year reaches its climax is our comfort zone. Although many people want to change their habits and therefore improve their lives, they are wary of doing so as they are stepping outside their comfort zone.

How often have you heard these words?

'I need to lose weight. I'll start the diet once New Year is out of the way'

'I'm too stressed out right now to stop smoking but I will do it. Soon'

'I haven't had a decent night's sleep for ages but I'll just have to cope'

'My family are always on at me about my irrational fear of spiders/mice/flying (add any phobia you wish here) but I promise I will do

something about it in the New Year'

These words are repeated often at this time of the year but so many people don't follow up their honourable intentions. Therefore, another year passes and they carry the same regrets and unresolved issues with them. But it doesn't have to be this way. Imagine what your life could be like if you could harness the power of your habits for the better?

Imagine yourself as the subject of a television documentary. Think of yourself having achieved the targets you set. Look at the television screen and see the new you; that of someone who has lost weight; stopped smoking; rid yourself of that unwanted phobia or habit. See yourself as someone who has reached their fullest potential. Someone who has finally changed their unwanted habits and now has a full, healthy and successful life.

Are you thinking 'Nah, it just doesn't happen to me'? Or are you thinking 'Actually, this fella has got me thinking'?

Ask yourself what is it about your life you want to stop? What habit do you have that gets you thinking 'I wish I didn't do this'? Think about this for a few moments. Have you tried other methods but, so far, all else has failed?



Hypnotherapy can help you get rid of these unwanted habits. Your old habits are replaced with new ones which will improve your life.

Hypnosis is an altered and heightened state of awareness that is sometimes referred to as a trance state. But you are not put to sleep. Unlike stage show hypnotists, during hypnotherapy you are fully conscious and aware at all times. You will never be asked to do anything you don't want to do – so there will be no flapping around the room believing you are a chicken!

Most of us slip in and out of trance states throughout the day in everyday life. Has anyone ever said to you 'Hey – you're away in a dream!' in an attempt to get your attention? When you day-dream you are at your most relaxed and comfortable. This is often when the best ideas 'pop' into your mind – they certainly do in my case!

You may be aware there are two parts to the mind, the conscious and the

subconscious. Many therapists use the term 'unconscious' instead of 'subconscious', and many describe the workings of the mind in great detail. My explanation is very simple:

The Conscious

You are aware and in the present with your conscious mind. It's the part of your mind that reasons and makes decisions and choices. It acts as a filter to thoughts and suggestions, deciding whether to keep them in the forefront of your mind, or put them 'on hold', or to dismiss them altogether. When a thought or suggestion is put 'on hold', it goes straight to the subconscious where it is filed away.

The Subconscious

The subconscious is a container for your thoughts. Amongst other things, it houses all the information your conscious gives it to store, like memories and things it can't deal with immediately.

Hypnotherapy is about retraining your subconscious mind to act like your conscious mind and thereby overcoming issues that may affect your day-to-day living.

So, dear reader, if you are someone who wants to lose some weight or stop smoking but find your willpower evaporates after a few weeks; if you feel a distinct lack of self-esteem or self-confidence; if you are someone who has a phobia whether this is of spiders, wasps, general 'creepy-crawlies'; or even if you're thinking about going on holiday to sunnier climes but have a fear of flying – contact me to arrange an appointment. After a free, no obligation initial consultation, we can decide together the best way to enable you to achieve your goals.

Phone or text me on 07521353787 (24 hours) to arrange a date and time for an initial free consultation or email me at: mike.smith@mgs-hypnotherapy-services.co.uk

Home visits are available by arrangement.

We have but one life – so why not try and change your life for the better?

Mike Smith Hyp CS

Mind Generating Success