**Mental Training & Motivation: B.Gray, Hypnosis…for change**

Identify your motivation

* What are your beliefs
* What are your doubts
* What are your expectations

Changing perceptions

* Anxiety > confidence
* Boredom > motivation
* Misplaced focus > proper focus

Solutions

* Build self confidence
* Remove mental blocks
* Improve focus
* Intention & expectation
* Remove hesitations
* Avoiding mental traps (neg self-talk, neg suggestions from others)
* Repetition
* Self-hypnosis

**Confidence**: the belief in one’s abilities

**Concentration**: the ability to maintain focus

**Control:** the ability to maintain emotional control and focus regardless of distraction

**Commitment**: the ability to continue working to agreed goals despite setbacks or losses

Effective tools and techniques:

* Achievement logs
* Self-hypnosis
* Video
* Visualization
* Anchors
* Mental rehearsal

Guided Imagery: changing perception (revisit previous success and set anchors to trigger that resourceful state

General suggestions in Hypnosis; encourage change in fitness attitudes, remove hesitations, etc...

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