



The *You* Project  
**INSTRUCTIONS**

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# THE YOU PROJECT

Congratulations on taking the first step on this journey to becoming the better version of yourself with Clear Minds Hypnotherapy.

The You Project™ is designed to re-programme and purify the mind, whilst improving your overall physical and mental wellbeing. You can say good bye to all your bad habits! Now it's time to lead a healthier and happier lifestyle.

You will learn to control your eating habits and alcohol consumption, break free from drugs, quit smoking or vaping (if they apply.) You will gain more confidence and self-esteem in yourself. This will motivate you to eat more healthily and become fitter, exercising more.

There are hypnotherapy sessions and a guided meditation included. Listen to the sessions in the correct order to get the best results.

Create your own personalised plan afterwards and listen to your favourite sessions at any time to maintain focus in future.

This is your personal journey, best of luck!

# The You Project- Sessions and Weekly Plan

See below a plan for the next 8 weeks and the order you must listen to the hypnotherapy sessions included in this pack. Use two sessions a day if you can. Otherwise, select one and listen for four days, then another for three days. Listening is advised - evening or before bed. Listen to a guided meditation each or every other morning to boost you with positive energy.

NOTE: If you need to work on some areas more when you've finished - Go back and repeat the relevant sessions again. You can select your favourite sessions after that and continue to use them as much as you need to.

WEEKLY PLAN	SESSION 1	SESSION 2	MORNING MEDITATION
WEEK 1	CONTROL ALCOHOL CONSUMPTION	DEEP RELAXATION	BOOSTING RESILIENCE
WEEK 2	STOP BINGE DRINKING	MAKE HEALTHIER CHOICES	POSITIVE MORNING MEDITATION
WEEK 3	QUIT SMOKING OR VAPING	STRESS REDUCTION	VISUALISATIONS OF SUCCESS
WEEK 4	BREAK FREE FROM DRUGS	ANXIETY MELTING	POSITIVE MORNING MEDITATION
WEEK 5	OVERCOME DEPRESSION	MELT TO SLEEP	BOOSTING RESILIENCE
WEEK 6	HEALTHY WEIGHT LOSS	ELITE WELLNESS MIND MASSAGE	POSITIVE MORNING MEDITATION
WEEK 7	ULTIMATE SELF CONFIDENCE	MOTIVATION TO EXERCISE	BOOSTING RESILIENCE
WEEK 8	CONFIDENCE IN THE GYM	WINNER MENTALITY	VISUALISATIONS OF SUCCESS

# It is important to remember when listening to hypnotherapy

- Never use our sessions when driving, operating machinery or in danger should you fall asleep.
- Do not use hypnotherapy if you suffer from epilepsy.
- Do not consume caffeine or exercise for up to 2 or 3 hours before listening.
- Use the bathroom before relaxing to the session.
- You may fall asleep during the hypnotherapy session as they work on your subconscious mind. In other cases, you may just feel relaxed.
- It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you will be more susceptible to the cues of relaxation. However, this may depend on your work schedule. In which case, whatever suits you best.
- Wear comfortable clothing - Choose loose-fitting and light clothing (nothing too tight or itchy!)
- Find a quiet and comfortable spot to lie down - like on the sofa or bed. You can also sit upright with your head supported if you want.
- You can meditate or practice breathing techniques a little if you need help relaxing beforehand. Check out the Clear Minds Hypnotherapy App to find additional help with both of these things.
- Make sure you have no distractions during the session- (e.g, kids are in bed, television and radio are off; windows are shut). Switch your phone on flight mode or silent. Fully prepare yourself to avoid any disturbances before you get started listening to the session.
- Use headphones (earphones, headsets or AirPods) - for a better surround sound and listening experience. These will help minimise distractions from background noise.
- You can listen to min. two hypnotherapy sessions a day plus one guided meditation.
- Listen and concentrate to the words at the beginning of each hypnotherapy session to help you reach a state of deep relaxation (hypnosis). This is aided by the repetition of certain phrases and verbal cues. Then, relax and let the session work on your subconscious!





If you want more resources to help you live your best life, check out our website or follow us on Facebook.

Website:

[www.clearmindshypnotherapy.com](http://www.clearmindshypnotherapy.com)

Facebook: Clear Minds Hypnotherapy

You can contact us via email at [info@clearmindshypnotherapy.com](mailto:info@clearmindshypnotherapy.com) or on Facebook Messenger or Instagram

*The Clear Minds Hypnotherapy Team*

