



Ultimate *without Gastric Band*  
Weight Loss  
Essentials Package

**INSTRUCTIONS**

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Clear Minds  
Hypnotherapy

## THE ULTIMATE WEIGHT LOSS ESSENTIALS PACK

*without Gastric  
Band*

Congratulations on taking the first step on this journey with Clear Minds Hypnotherapy.

The Ultimate Weight Loss Essentials Pack is an intensive program designed to take control of any over-eating habits. It will help you lose weight, whilst maintain a healthy diet and lifestyle like taking up a regular exercise routine.

There are hypnotherapy sessions and a guided meditation included.

Listen to the sessions in the correct order to ensure you get the best results from this 5 week program.

You can create your own personalised plan after week 5 and listen to the sessions that helped you most.

This is your personal journey, best of luck!



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# Ultimate Weight Loss Sessions & Weekly Plan

There are two hypnotherapy sessions to listen to EVERYDAY each week. Listen to both hypnotherapy sessions for seven consecutive days before moving onto the next two. Play them back to back or space them out listening at different times of the day.

If you're limited for time - Just listen to one session a day. Choose one one of the two sessions and listen for four days and the other for three days.

Listen to the Visualisations meditation every morning for the first 2 weeks and every other morning after that. to boost you with positive thoughts and energy. Use the 3 minute Breathwork Winner Mindset the Go Getter session to encourage you to stay strong throughout.

From week 5 onwards you can choose your own preferred sessions to listen to and make a personalised plan that suits you.

<b>WEEKLY PLAN</b>	<b>SESSION 1</b>	<b>SESSION 2</b>	<b>MORNING MEDITATION</b>
WEEK 1	<b>HEALTHY WEIGHT LOSS</b>	<b>MISSION STATEMENT WEIGHT LOSS PART 2</b>	VISUALISATIONS MEDITATION
WEEK 2	<b>CONTROL CALORIE CONSUMPTION</b>	<b>STOP BINGE EATING</b>	VISUALISATIONS MEDITATION
WEEK 3	<b>CONTROL SUGAR CONSUMPTION</b>	<b>STRESS REDUCTION</b>	VISUALISATIONS MEDITATION
WEEK 4	<b>MOTIVATION TO EXERCISE</b>	<b>CONTROL ALCOHOL or FUSSY EATING</b>	VISUALISATIONS MEDITATION
WEEK 5	<b>MAKE HEALTHIER CHOICES</b>	<b>KEEP A HEALTHY DIET</b>	VISUALISATIONS MEDITATION

# It is important to remember when listening to hypnotherapy

These guidelines will help you get the best from listening to the hypnotherapy sessions:

Never use our sessions when you are driving, operating machinery or could be in danger should you fall asleep.

Do not use hypnotherapy if you suffer from epilepsy.

Do not consume caffeine and /or don't exercise for up to 2 or 3 hours before using the hypnotherapy sessions.

Use the bathroom before relaxing to listen to the sessions.

You may fall asleep during the hypnotherapy sessions 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'll be more susceptible to the cues of relaxation. This will depend on your schedule.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

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.

Make sure you will not get distracted during the session- kids are in bed, television and radio are off; windows are shut. Switch your phone on flight mode or silent. Prepare yourself fully to avoid being disturbed when you're ready to start.

Use headphones (earphones, headsets or AirPods) for a better surround sound and listening experience. These will also help to minimise distractions from background noise.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Make sure you focus on one topic at a time. Repeat each session for a few consecutive days to a week in order to get the best results.

Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation.

# A note to myself

**Instructions:** Write down all reasons why you want to change and remind yourself why you made that decision. Read this each time you feel you have a moment of weakness.

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Note below the time and date you decided you are a "BETTER VERSION OF YOURSELF"

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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: /clearmindshypnotherapy

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

*The Clear Minds Hypnotherapy Team*



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