

MOD 5

Self-Hypnosis for Men

Your private key to the kingdom — guide your own mind into deep, focused trance states.

YOUR STARTING POINT — HOW WELL DO YOU ACCESS DEEP FOCUS?

Rate each honestly (1 = not at all, 10 = completely true):

I can quiet my mind and enter a focused, still state on demand	Never	1	2	3	4	5	6	7	8	9	10	Easily
I use intentional mental rehearsal before important situations	Never	1	2	3	4	5	6	7	8	9	10	Always
I feel calm dominance in my body more often than anxiety or tension	Anxious	1	2	3	4	5	6	7	8	9	10	Dominant
I believe I can rewire my own thought patterns through practice	No belief	1	2	3	4	5	6	7	8	9	10	Full belief

WHAT SELF-HYPNOSIS ACTUALLY IS

UNDERSTAND THE TOOL

Self-hypnosis is not sleep. It is a deliberately induced state of focused inward attention where the critical mind relaxes and suggestions reach the subconscious directly.

This tool turns knowledge into automatic power — while you breathe, while you exist.

What beliefs about yourself do you want to reinforce through self-hypnosis? Be specific:

1 _____

2 _____

3 _____

What patterns, fears, or hesitations do you most want to dissolve? Name them directly:

1 _____

2 _____

3 _____

MY COMMITMENT THIS WEEK

I commit to:

Signed: _____ Date: _____

THE BASIC INDUCTION — YOUR DAILY PRACTICE PROTOCOL

Step 1 — Settle

Sit or lie still. Close your eyes. Take 3 slow, deep breaths. Let each exhale release tension.

Step 2 — Descend

Count slowly from 10 to 1. With each number, feel yourself sinking deeper into stillness.

Step 3 — Anchor

At 1, say your anchor word silently. This word signals your subconscious: it is time to receive.

Step 4 — Suggest

Speak your chosen belief slowly and deliberately. Repeat it 5 times with full conviction.

Step 5 — Visualize

See yourself as the man who already embodies this belief. Feel it in your body completely.

Step 6 — Return

Count up from 1 to 5. With each number, return alert, refreshed, and anchored in your new state.

MY PERSONAL SUGGESTION SCRIPT

Write the exact suggestion you will repeat in each session. Present tense. Direct. Felt:

1 _____
2 _____
3 _____
4 _____

POWER QUESTION

What would change in how you move through the world if unbreakable discipline, calm dominance, and effortless confidence became your automatic default state?

Reflection:

1 _____
2 _____
3 _____