

The Power of Suggestion

Daily Workout

Step 1: Take three breaths at the beginning of the day and with each exhale release tension in the body and relax. Further, move into love and peace with each breath.

Step 2: Imagine your authentic self and see yourself going through the day like this.

Step 3: Review your top five values and guide your mind through them each day aloud.

Step 4: Turn on your “Inner Smile” and this will automatically activate your endorphin response in the body.

Step 5: Review your big dream. Ask our mind to guide you in your highest good to make your dreams come true.

Step 6: What are you most grateful for in your life? Spend one minute in all the good things you already have and looking at everything that is right with the world.

Step 7: Finish with 3 breaths and this time each breath imagine it filling you with energy and each breath out imagine it energising you even more.

Source-Reference:

Notes From **Paul McKenna's** (PHD) book "**Change Your Life in 7 Days**"

Paul William McKenna is a British hypnotist, behavioural scientist, television broadcaster and author of self-help books.