

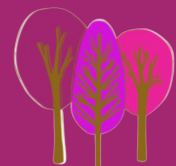
From Living with Anxiety to Feeling Free

By Bonnie Williamson

Day Five
Booklet



CHESTNUT HYPNOTHERAPY

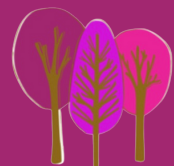


Your Booklet

To guide You Through Day Five



CHESTNUT HYPNOTHERAPY





A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

Hello Gorgeous Woman!

Thank you for making it to Day 5 of this 5 day retreat. I hope that you will enjoy it and come away with new knowledge and understanding that you can put into practice.

How was yesterday? Did you watch the Live? What positive changes have you noticed in yourself?

This booklet is to help you through the process because I want to make this week as easy as possible for you.

I have included everything here that I am suggesting that you do today so that it's all written down for you in one place. Don't worry - there is only one extra thing to do today compared to yesterday.

I have included spaces for you to make notes. So feel free to download and print this booklet if you want. Alternatively if you know how to add in your comments on a PDF document on your computer or other device you could do that. But I know some of you will prefer to use pen and paper to write down your notes and of course that's just fine too!

Don't forget to join me for the Live Today at 10am where I have a big announcement

Have a great day

Bonnie Williamson

Bonnie Williamson
Solution Focused Clinical Hypnotherapist
Chestnut Hypnotherapy



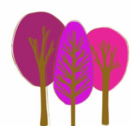


DAYFIVE - ACTION ONE

THE FIVE DAY RETREAT

Share in the Group 'What was good' about Your Day
Yesterday

Share something In the Comments Section of the 'Welcome to Day Five Post' in the Facebook Group - but you are welcome to create your very own post in the group if you want to. Tell us what went well in your day - something you enjoyed or achieved - it can be anything.





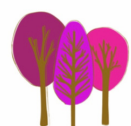
DAY FIVE - ACTION TWO

THE FIVE DAY RETREAT

Continue Practicing Your Seven Eleven Breathing

Practice the Seven Eleven Breathing at least once today

You can write any notes about the breathing technique here -note down anything that you want to ask about





DAY FIVE - ACTION THREE

THE FIVE DAY RETREAT

Continue Listening the You Relaxation Audio

You can download the audio here - it will also be posted in the group. There are two ways to get the audio -as an MP3 or as an MP4 (YouTube Video)

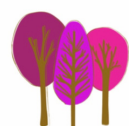


Listen to the Audio Each Night when it's Time to Go to Sleep

No need to worry if you drop off before the end or if you don't .There's no right or wrong way to do this. Just allow our mind to relax

Write Down Anything You Notice About Your Experience of Listening to the Audio

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DAY FIVE - ACTION FOUR

THE FIVE DAY RETREAT

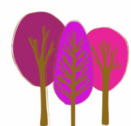
Notice 'What Has Been Good' Today

Start to notice what has gone well. What have you achieved? What have you enjoyed about your day? What positive changes have you noticed in yourself?

Empty rectangular box for writing.

Empty rectangular box for writing.

Empty rectangular box for writing.





DAY FIVE - ACTION FIVE

THE FIVE DAY RETREAT

Record Your Happiness Scale Today

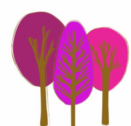
Scale yourself on scale of 0-10 - where 10 is where you want to be and 0 is really unhappy

0

10



Write any notes you want here





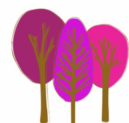
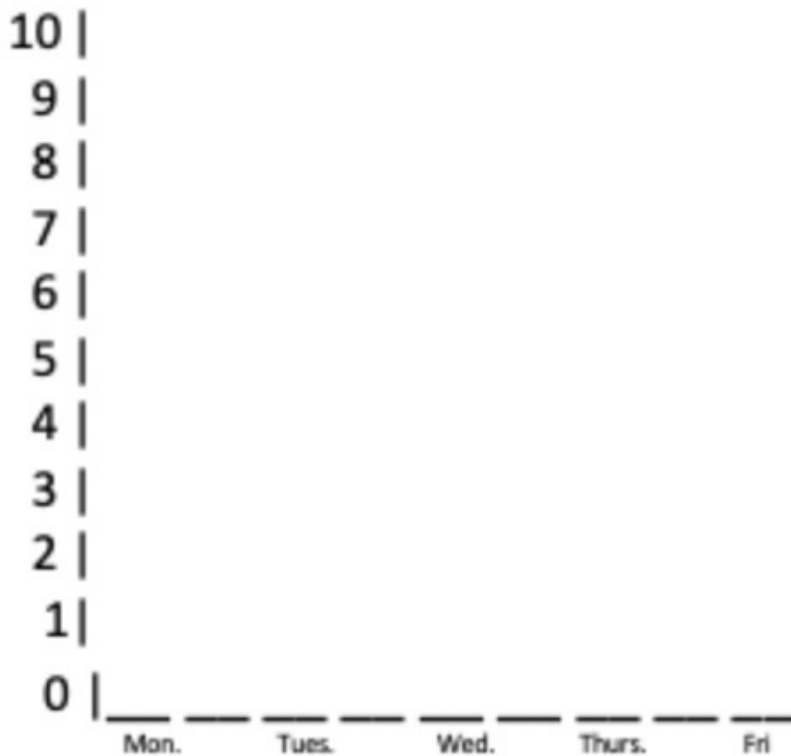
DAY FIVE ACTION FIVE

PART 2

THE FIVE DAY RETREAT

Record Your Happiness Scales for the Week

Complete this graph to record your week





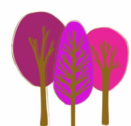
DAY FIVE - ACTION SIX

THE FIVE DAY RETREAT

Go Outside and Get in Touch with Nature Today

Go for a walk or some kind of exercise outside if this is possible. If it is not possible to go outside, get yourself in touch with nature another way.- It could be looking at pictures of nature or perhaps nurturing your window box. Be creative if you are unable to go outside today

How did it go? What did you do? How did you feel afterwards? Write down anything you notice





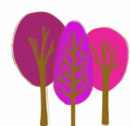
DAY FIVE - ACTION SIX

THE FIVE DAY RETREAT

Notice Your Positive Interactions Today

Who did you communicate with today in a positive way? What tells you that this was a positive experience?

How did you feel afterwards? Write down anything you notice





DAY FIVE - ACTION SEVEN

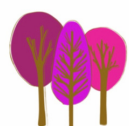
THE FIVE DAY RETREAT

What Small Step Can You See Yourself Taking to Continue Your Progress After Attending this Week?

Frame it in a positive way - that it is something you are moving towards not something you want to escape from.

So if you find yourself saying 'I need to stop doing something' -for example 'stop eating biscuits'.Think to yourself what would you want to replace that with? If you are not eating biscuits- what are you doing instead? When will you be doing this exactly?

For example - your small step might be .. 'at 4pm today I will eat an apple' (In this example you would have substituted apple for the biscuits that you want to stop eating

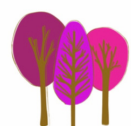




DAY FIVE - NOTES PAGE

THE FIVE DAY RETREAT

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Enjoy Your Day !

**The future belongs to those who believe in
the beauty of their dreams**

- Eleanor Roosevelt

*Don't forget to listen to
the audio - Keep it Up!*

See You Soon

Bonnie x