

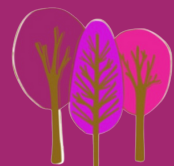
From Living with Anxiety to Feeling Free

By Bonnie Williamson



Day One
Booklet

CHESTNUT HYPNOTHERAPY

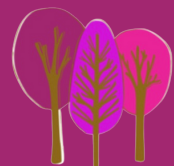


Your Booklet

To guide You Through Day One



CHESTNUT HYPNOTHERAPY





A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

Hello Gorgeous Woman!

Thank you for joining in 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.

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

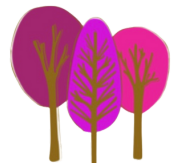
I have included everything here that I am suggesting that you do today so that it's all written down for you in one place.

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!

Have a great day and there will be another booklet tomorrow

Bonnie Williamson

Bonnie Williamson
Solution Focused Clinical Hypnotherapist
Chestnut Hypnotherapy





DAY ONE - ACTION ONE

THE FIVE DAY RETREAT

Download the Seven Eleven Breathing Technique

You can Download the Breathing Video here - it will also be posted in the group



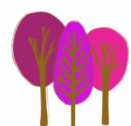
Watch the video at least once

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

Practice the Breathing

Practice the Seven Eleven Breathing at least once a day for the rest of the 5 day retreat

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DAY ONE - ACTION TWO

THE FIVE DAY RETREAT

Download Your Relaxation Audio

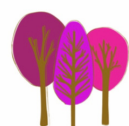
You can download the audio here - it will also be posted in the group. There are two ways to get the audio -as an MP3 or as an MP4 (YouTube Video)



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





DAY ONE - ACTION THREE

THE FIVE DAY RETREAT

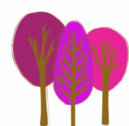
Notice 'What Has Been Good' Today

Start to notice what has gone well. What have you achieved? What have you enjoyed about your day?

Empty rectangular box for writing.

Empty rectangular box for writing.

Empty rectangular box for writing.





DAY ONE - ACTION FOUR

THE FIVE DAY RETREAT

Record Your Happiness Scale Today

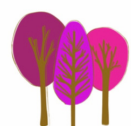
Scale yourself on scale of 0-10 - where 10 is where you want to be and 0 is really unhappy

0

10

Write any notes you want here

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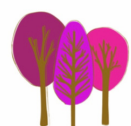




DAY ONE - NOTES PAGE

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 tonight and see
you tomorrow*

Bonnie x