

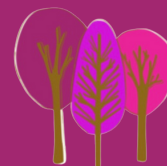
From Living with Anxiety to Feeling Free

By Bonnie Williamson



Day Three
Booklet

CHESTNUT HYPNOTHERAPY

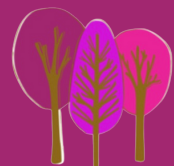


Your Booklet

To guide You Through Day Three



CHESTNUT HYPNOTHERAPY





A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

Hello Gorgeous Woman!

Thank you for joining in Day 3 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 10am Live where I talked about the Brain? 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.

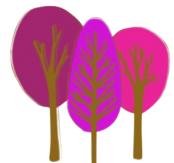
I have included everything here that I am suggesting that you do today so that it's all written down for you in one place. Don't worry - there is only one extra thing to do today compared to yesterday

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!

Have a great day and there will be another booklet tomorrow

Bonnie Williamson

Bonnie Williamson
Solution Focused Clinical Hypnotherapist
Chestnut Hypnotherapy



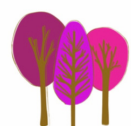


DAY THREE - ACTION ONE

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 Three 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 THREE - ACTION TWO

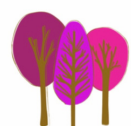
THE FIVE DAY RETREAT

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

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DAY THREE - 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)

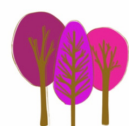


Listen to the Audio Each Night when it's Time to Go to Sleep

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 THREE - ACTION FOUR

THE FIVE DAY RETREAT

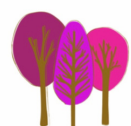
Notice 'What Has Been Good' Today

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 space for writing.

Empty space for writing.

Empty space for writing.





DAY THREE - ACTION FIVE

THE FIVE DAY RETREAT

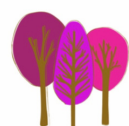
Record Your Happiness Scale Today

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





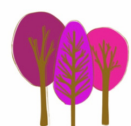
DAY THREE - ACTION SIX

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





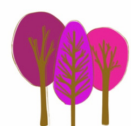
DAY THREE - ACTION SIX

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

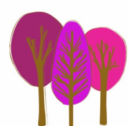




DAY THREE - NOTES PAGE

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