



Exclusive Mind Hacks from a Master Hypnotist

Welcome to my favorite actionable brain hacks and exercises to get the most out of your mind. I've been a certified hypnotherapist since 2007, so I've had a lot of time to study the mind and figure out great shortcuts and tools to maximize brain power.

In this ebook, I'm going to share some effective methods on how to influence your mind and make it do what you want.

Did you know that the conscious mind can only hold about seven to nine bits of information at one time? That's not much. But the unconscious mind can hold unlimited amounts of information and possibilities. As a hypnotherapist, I work a great deal with the unconscious mind and changing limiting beliefs into empowering ones.

These mind hacks work in a similar way. A lot of these exercises will help you tap more into your unconscious mind to make real change that you can see.

Hope you enjoy it! And don't forget to visit www.motivationalhypnotherapy for even more cool stuff. Take our free self-assessment and schedule a free virtual consultation with me.

All the best,

Joel Thielke

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Set three goals for your day

Lengthy to-do lists can be discouraging. By setting three attainable goals for yourself every morning, you'll be able to knock them out and reinforce the belief that you're making progress. It's all about building momentum and taking actionable steps every day. When you cross three things off your to-do list every day for even just a week, you'll begin to see major progress in your productivity, time management, and confidence. Plus by building your beliefs that you can achieve three goals every day, it'll help you push through when harder tasks feel tough or discouraging. There's a lot of actual research to back up this mind hack, so definitely start this one today.

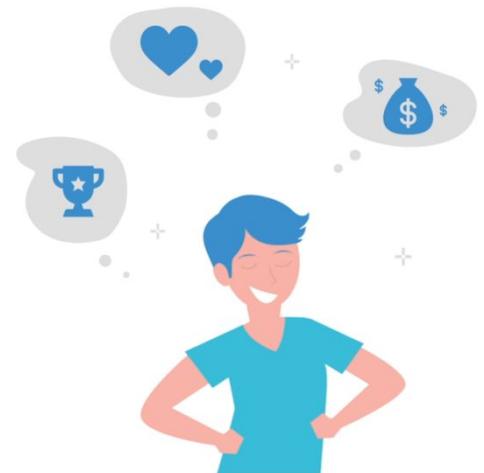
My tip: write your goals down the night before. That way you can ease your mind into your day and not start your day immediately thinking about what needs to be done. I keep my goals in my Notes on my phone, so doing this the night before helps keep me from checking my phone first thing when I wake up.

Use Visualization

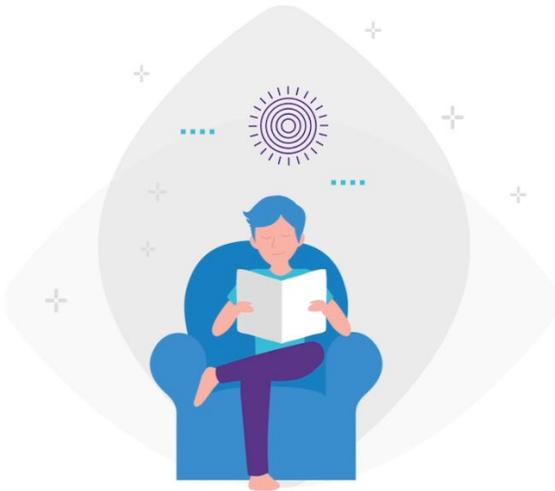
One of my favorites that I use a lot in hypnosis. Visualization is a powerful tool you can use to retrain your subconscious mind. What is it though? Basically, visualization is a mental rehearsal for your day.

If there's something that you want to do or make happen, you start by creating images in your mind of having or doing whatever it is that you want. So if it's more money, or you want a great relationship, or you want to start your own business or write a script, **the key is visualize that you've already done it.**

That's right. This is a really cool mental trick that I use all the time. Instead of hoping you'll achieve a certain goal or work through fears and doubts about achieving it, you live and feel it in your body like it's actually happened for you.



This works so well because the subconscious mind doesn't know the difference between what's real and what imaginary world you've created. For example, if you want more money and can genuinely visualize yourself having a lot of money and success in your mind, your subconscious will process that as reality.



Learn something new for 15 minutes every day

With this one it can be something new, or you can use the 15 minutes to master a skill you already know. Your brain craves learning new things. When you feed it new information for 15 minutes every day, you'll see huge improvements in your memory, focus, and energy.

Make it fun! What's something that's always interested you but you haven't had the time to really learn about it? Maybe you've always wanted to know more about robotics, or how to write a short story, or want to relearn some history lessons. Or maybe you've always wanted to try learning a new language, or learn how to cook gourmet meals, or research a city you want to visit.

This one is cool because the possibilities are endless and you'll see the mental results quickly.

“What would make me happier?”

Whenever I'm feeling stuck or unhappy, I ask myself this question. What would make me happier? Then I take out my notebook and write down all of the things I can think of that would improve my mood.

This is a great hack and exercise for a few reasons. It's great when we're in a rut. I mean how often do you catch yourself doing things over and over again that make you

unhappy? Patterns can be hard to break, and this hack will wake you up and shake you out of things that aren't serving you anymore.

Plus when you make a list of things that could make you happier, you'll find at least one thing on that list that you can do almost immediately.

Practice gratitude daily

Yep, daily. Gratitude is one of the most powerful, badass mind hacks I can think of. When you practice gratitude, it changes the way you think. It changes the way your mind is wired and creates this incredible mindset of openness, positivity, and growth.

Having a bad day? Gratitude has the power to turn that right around. Because when you're focusing on what you're thankful for, your brain doesn't have the energy to focus on anything else.

If I'm in a bad mood, I stop, take a deep breath, and think of three things that I'm grateful for. They can be small things, like the fact that you can have coffee every morning. It can look like gratitude for running water, for your health, the ability to get out of bed every morning, gratitude for the fact that you're able to read this text right now. There's an infinite amount of things (and people, pets, etc.) that we can be grateful for.

Every morning and before you go to bed, write down three things you're grateful for. Really think about each one and connect to that feeling that they each bring you. Feel that flow of happiness in your body and breathe into it. You'll see a difference in yourself and your outlook on life in no time.



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to take our self assessment quiz, check out our other products, and schedule a virtual session with Joel.