

Self-Love Hypnosis



Going directly to the unconscious mind

S.E.L.F. L.O.V.E. Transformational Project

About This Session

This session uses guided hypnosis to anchor self-love beliefs at the deepest level of the mind, bypassing the conscious critic and speaking directly to the part of you that decides what is true about who you are.

Self-Love Hypnosis

Hypnosis works at the level of the unconscious mind, where our deepest beliefs about ourselves live. In this session, we go directly to the source to install a new truth: you are worthy of love exactly as you are.

Pre-Session Intentions

Before the hypnosis session, take a moment to set your intention. What do you most want to receive or release in this experience?

Post-Hypnosis Reflection

Immediately after the session, note what you experienced: any images, feelings, memories, sensations, words, or moments of insight, without editing.

What Shifted?

What feels different, even slightly, about how you think or feel about yourself after this session?

A Love Letter from My Future Self

Imagine yourself one year from now, having fully integrated the self-love this course has awakened. Write a letter from that future self to you, right now.

My Integration Plan

How will you honour what shifted in this session? What practice, ritual, or change will you bring into your daily life?

Reflection Questions

1. What images or feelings from the hypnosis session stayed with you most?

2. Which of your unconscious beliefs about yourself feel most ready to change?

3. What does it feel like in your body to allow yourself to be celebrated?

4. What will you do differently in the next 7 days to treat yourself as someone who deserves love?

My Notes
