

**Ideas, goals, and dreams could be a reality** if only you could make yourself do the necessary steps to achieve them. That is how hypnosis works to motivate you to put into action the plans you have been waiting to implement "someday." Hypnosis is a powerful tool that helps people realize their potential and put dreams into action by removing the barriers that impair motivation.

Hypnosis is often misunderstood. Many people believe it can force you to act and react in whatever way the hypnotherapist instructs. Hypnosis cannot make a person into someone different and cannot control a person's mind. Hypnosis can only draw upon what is within the person.

If hypnosis cannot change who you are, then you may wonder how it can improve one's motivation. It is simple. Motivation is merely a stimulation response. Many things can motivate a person. For example, hunger motivates us to go and get something to eat. Or, on an emotional stimulation response may be that the promise of payment motivates us to go to work each day.

Sometimes people know what they want, but can't seem to get motivated to go after it. It may be that the objective is not a priority, like a paycheck coming in to support a family or the need for food. This may be true even though the end goal is something that can improve their life or even bring short term happiness. That is where hypnosis comes into play.

Because hypnosis draws upon the information already stored in the recesses of the mind it can reorganize and in a way reprioritize goals and objectives. Hypnosis is a self improvement method of bringing to the forefront of the mind the information that will serve as a driving force to action.

"Slow and steady wins the race." It's not glamorous, but it's true. The tragedy is that most people never even get in the race, and many of those who do hope that success comes easily and swiftly. When it doesn't, they're out of the race, before it really begins. What they don't realize is that the decision to be unstoppable is never made just once. It is made moment by moment, again and again.

Setbacks are inevitable. In fact, they're evidence that we're doing something. The more mistakes we make, the greater our chance of success. Failures indicate a willingness to experiment and take risks. Unstoppable women have learned that each failure brings wisdom and insight that will take them

one step closer to achieving their dreams. When we focus on one unstoppable moment at a time and stay the course, the end result will take care of itself.

It's important to remind ourselves that failure is an event, not a person. If you don't achieve your 30-day goal, does that make you a failure? If you don't get a promotion at work, does that make you a failure? If you get married and then divorced, does that make you a failure? Of course not!

Failure doesn't characterize who you are. It is simply an event that happens to you. And when you continue to move forward, despite difficult experiences, you have already won!

**ACTION:** Find the gift in the setback

The next time the outcome you hoped for doesn't transpire, look for the gift.

Ask yourself the following questions:

1. What can I learn from what happened?
2. What am I grateful for about this experience?
3. What are the potential benefits of this experience?
4. What is the best way for me to move forward?

Commit to finding the gift in any setback. And in advance, tell yourself that you will never, never, never quit. If you don't give up, you simply cannot fail. Not only will you achieve your dreams, but the combination of your commitment, courage, and faith will rise as the greatest triumph of all.

Choose to be unstoppable!

Would YOU like my help with making powerful change in 2008 and living the life you deserve right NOW? If you need help with any of your challenges, call me at 805-984-1237. I can help. I am Dr. Bunny Vreeland, board certified, Clinical Hypnotherapist. Please check out my website ([www.bunnyvreeland.com](http://www.bunnyvreeland.com)) for more information.