

N-State Hypnosis Worksheet

N-State is a play on words – a combination of the following:

End-State: The state of mind you'll be in when you accomplish your weight loss goals and everything related to it.

In-State: being in the state of mind *now* of your end-state.

This worksheet is designed to help you lose weight and keep it of easier than ever before by recognizing the benefits of the change you want to make, then imagining that you've already achieved those results.

Instructions

1. Read through this form once and review the examples provided. (do once)
2. Set a timer for 5 minutes so you don't overthink anything. (do once)
3. Fill out the form as best you can on page three. (do once)
4. Set timer for another 5 minutes, then answer the questionnaire on page four. (do weekly)
5. Fill out the weekly progress chart on page 5. (do weekly)

Please list 5 of the benefits you expect to gain from learning to relax and unwind with hypnosis, then list a quantifier that would help you know that it's working.

Here are some examples:

What	Quantifier: How will you know?
1. Clothes fit better	I can wear clothes in my closet, and they're lose.
2. Increased energy	Coming home with some energy to do things, like garden or go on a walk.
3. Lost 50 Pounds	Scale and how my clothes fit
4. Feel good about the food I eat	No guilty residue, not feeling uncomfortably full.
5. Healthier	Sleep Better Lowered Meds BP Down

On a scale of 1-5, with 5 being the best, enter your perception of each item now, then at the end of each week for the next month.

Examples of how to fill the table out:

What	Start (0-5)	End of Week 1 (0-5)	End of Week 2 (0-5)	End of Week 3 (0-5)	End of Week 4 (0-5)
Date	July 17	July 24	August 1	August 8	August 16
1. Clothes fit better	2	3	4	5	5
2. Increased energy	2	4	5	5	5
3. Lose 50 Pounds	1	3	4	4	5
4. Feel good about the food I eat	1	4	5	5	5
5. Healthier	2	3	3	3	4

The N-State Worksheet: Benefits Form

Name: _____

Date Start: _____

Benefits of Lasting Weight Loss with Hypnosis

What	Quantifier: How will you know?
1.	
2.	
3.	
4.	
5.	

N-State Worksheet Questionnaire

Now that you have the changes you want to make, imagine yourself already having MADE the changes. Here's how. Close your eyes and take in a nice and deep breath. Imagine it's 6 months in the future, and you've achieved everything on your list, or are well on your way to doing so, meaning you're losing weight consistently week after week.

Now, imagine that you see yourself standing there in 6 months, and answer the following questions:

1. What do you notice about yourself?
2. Do you see a smile on your face?
3. Do you look energized?
4. Do you appear younger?
5. Do you appear happy and peaceful?
6. Notice that you're wearing your favorite outfit, or something new. What is it?
7. How do you feel?
8. Is there someone else there with you?
9. What are you doing? Are you singing, dancing, playing, enjoying life?
10. What sounds do you hear? Birds singing, music playing, peaceful sounds of the ocean or outdoors, or maybe children playing?
11. What do you smell? The ocean, the woods, a wood-burning fire?
12. What do you taste? Salty ocean air, or fresh clean water?
13. There are some new things in your life now that you've achieved this result, what are they?

Weekly Progress Chart

Once a week, use this worksheet to imagine yourself already having made the change. Tapping into N-State energy can take some practice, but the more you can really IMAGINE BEING that person 6 months in the future, the sooner you will get there. So imagine that it is as real as possible.

Check in weekly here with your progress, with 1 being the least, and 5 being doing great towards achieving your goal. A 5 does not mean you have completed the goal. For example, if one benefit is to lose weight and you want to lose 50 pounds, you can still get a “5” for the week if you’ve lost weight. You don’t have to lose all the weight to get a 5. Remember the brain likes to feel good! So when you get a “5” for the week because you’re only eating when actually hungry, then generating those good feelings, you will lose weight. And that is the best you can do.

What	Start (0-5)	End of Week 1 (0-5)	End of Week 2 (0-5)	End of Week 3 (0-5)
Date				
1.				
2.				
3.				
4.				
5.				