**Hypnosis Script for Confidence and Happiness**Created by Cal Banyan and ChatGPT 2024

As you listen to my voice, allow yourself to relax deeply, knowing that you are about to embark on a journey of self-discovery and empowerment.

Take a deep breath in, filling your lungs with fresh air, and exhale slowly, releasing any tension allowing yourself to relax deeply and to continue to relax more deeply with each natural breath that you exhale.

With each breath you take, feel yourself relax deeper and deeper into a state of profound relaxation.

Right now, the only thing you care about is how deeply relaxed you can become.

Let it be as if a warm cocoon of comfort and reassurance is all around you. Let this deepening feeling of relaxation comfort you, allowing you to fully embrace your inner strength and confidence.

Now, I want you to imagine

yourself standing tall and proud, with a smile on your face and a sparkle in your eyes. This is the confident and empowered version of yourself, radiating with self-assurance and poise.

Take a moment to connect with that feeling the power and potential that lies within you.

As you continue to relax, repeat after me:

"I am more confident in who I am and what I have to offer."

"I am trusting more in my abilities and believe in my potential."

"I am worthy of success, happiness, and fulfillment."

"I embrace challenges as opportunities for growth and learning."

With each statement, feel your confidence growing stronger and more resilient.

You have everything you need to succeed within you, and nothing can stand in your way.

Now using the magic of your mind imagine a full length mirror in front of you.

As you look at your reflection, know that you get a sense of growing worthiness of all the love, success, and happiness that life has to offer.

You have the power to create the life of your dreams, and it all starts with believing in yourself.

As we begin to bring this session to a close, carry this feeling of confidence and positivity with you into every aspect of your life.

Know that you are capable of achieving anything you set your mind to, and that you are deserving of all the blessings that come your way.

(NOTE to Hypnotist: Repeat all or part of the above to reinforce it.)

And when I have you open your eyes and return to the present moment, feeling refreshed, rejuvenated, and empowered to take on the world with much more confidence and grace.