Get it Done

vs.

Let it go



"I can't relax or get anything done.
I'm just stuck in a crap life"

There's nothing worse than having one foot in the world of trying to get it all done and the other foot in the world of trying to let go and to relax while achieving neither one.

It's like if you try to breathe in and out at the same time. It's only effective when you take turns. It's a matter of making a snap decision between 'Get it Done' or 'Let it Go'

People need to know that the other side of the equation is under control before they'll start.

They won't let it go because their TODO list is too big.
They won't get it done because they're stressed and can't handle the tasks right now.

This cheat sheet is what we give to our clients who struggle with addiction, food, anxiety, depression, etc...

The client response is nothing short of amazing

Often they say, "that's so simple but it's exactly what I needed" or "I haven't felt this relaxed in years"

Try it for yourself for you or for your clients and let us know what result that you get. I bet that it'll surprise you. Give it a try.

The Lawrence Hypnotherapy
Get it Done vs. Let it Go
Cheat Sheet

Get it Done	Let it go
Where do you want to be in the next 12 months?	Do you have a safe and comfortable place to be?
What Strategy will you use?	Visual Distance exercise
Do you have your list written for today?	Release Stomach
Is your list written for tomorrow?	Rhythmic Breathing
Are your alarms and reminders set?	Release
Is it time to take a break?	3 Values
Have you finished your list for the day?	Find a relaxing topic or activity
Yes Now	**Yes Later**

Get it Done

Where do you want to be in the next 12 months?

Most people are busy. Not everybody is effectively making progress. The problem is that most people haven't stopped to find out what their vision is. They work so hard running a rat race with no clear destination.

Make sure that you include these 5 categories.

- Health
- Relationships
- Money
- Time
- Fun

What Strategy will you use?

Who are you copying?

If you want a strategy that will work, you need to know that you're modelling a strategy that has been proven to get you there. We go by the 4 A's when researching a strategy

A Players – Who is the best at getting this result?

Ancestry – Who was the best in the past at getting this result?

Audience – Who else has the same problem and do they understand the plan?

Anchors – What are the top 5 moves or metrics to pay attention to when getting it done?

Do you have your list written for today?

When people don't write down their list, they do what's called 'Ruminating in their 7 favourite anxieties'

Having a list written down doesn't just help you to remember what you're doing, get through the day and to organise the order in which you do things.

Having a list also helps you to forget what's on your list so that you can be present with one of the steps that you're actually performing.

Is your list written for tomorrow?

You should never go to bed without at least a basic to do list written for the next day. Not only does it organise you, it also gives you clarity on when you need to say 'No' to new requests.

Are your alarms and reminders set?

You shouldn't have to be the one who knows what the time is. I like to say that alarms don't just wake you up in the morning, they also put you to sleep at night. They give you permission to not keep checking the time all night.

Is it time to take a break?

Are you at the point where you are no longer doing good work?

Has it been more than 5 minutes since you've taken a break?

Resetting for 5 minutes at this point has been shown to make your day more productive.

Have you finished your list for the day?

If you have 100 problems and you have already solved 98, your brain wants to solve number 99. Next it wants to solve number 100. Next it wants to solve number 101. Brains don't shut down automatically when you've trained it to never stop. If you have finished for the day, it's time for you to say 'Yes Later'. If not, then you're still making progress and it's OK to make a snap decision and say 'Yes Now'

Yes Now

Let it go

Do you have a safe and comfortable place to be?

Before you relax, it's important to shut off any distractions such as phones, televisions, screens and to find a comfortable place to relax.

If another person won't give you space then you need to handle that person first. We teach more about persuasion and relationships in our 6 figure track course.

Visual Distance exercise

The brain represents information with the senses. The primary sense for many people is visual.

The Visual Distance Exercise

With eyes closed, imagine something that bothers you or causes you anxiety. With one of your hands, demonstrate how close the image looks.

Is your hand right up against your eyes or is your hand further away?

As you move your hand further away, imagine that you are dragging the image further away as your hand moves.

This exercise gives you visual space and allows the breathing to relax.

Release Stomach

The physical body or kinaesthetic is a main sensory modality for many people. Often people hold their stomach in all day.

With one hand on your stomach, allow your stomach to inflate with the in breath and to deflate with the out breath.

When you release the stomach muscles, your shoulders, neck and other body parts start to relax.

Rhythmic Breathing

The fastest way to slow down your heart rate by using a breathing style is to make the amount of time that it takes you to breath in to roughly match the amount of time that it takes to breath out.

The similarity of your in breath time to your out breath time actually lowers your heart rate and creates a calm feeling.

Release

With eyes closed, say the word release 3 times.

Say the ‘rel’ part of the word with the in breath and say the ‘ease’ part of the word with the out breath.

3 Values

Find 3 words that resinate with your values.

My preferred words are

- Courage
- Gratitude
- Strategy

Again with eyes closed, say these words one at a time as you breath out. This sets your intention psychologically for the rest of the day.

Find a relaxing topic or activity

Next, you just find something to do that isn't work.

This should be so much easier to find permission to do if you've already completed your to do list for the day, set your reminders and written your list for tomorrow.

Remember, if it's not time to say 'Yes Now', then it's time to say...

Yes Later