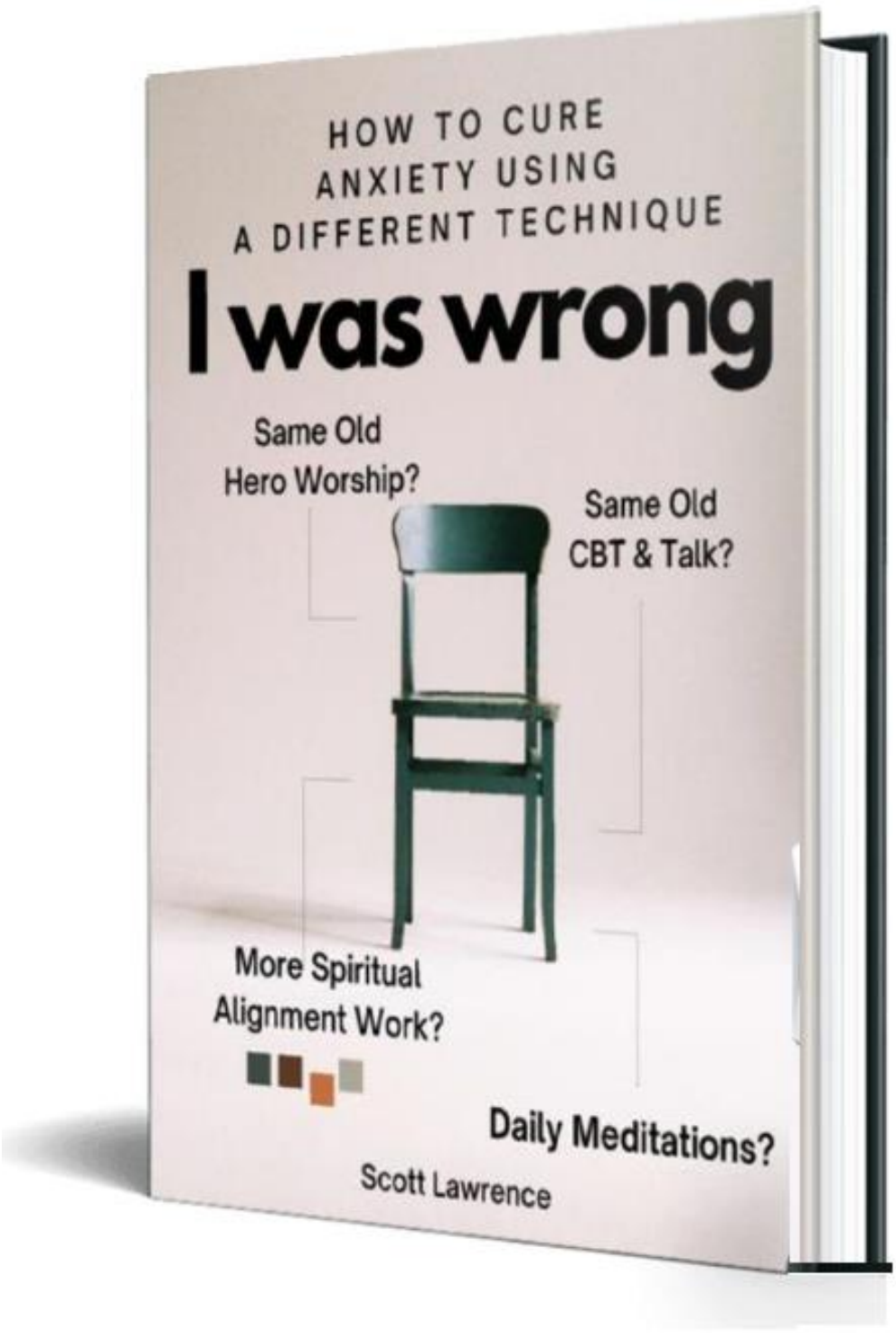

HOW TO CURE
ANXIETY USING
A DIFFERENT TECHNIQUE
I was wrong
Same Old
Hero Worship?
Same Old
CBT & Talk?
More Spiritual
Alignment Work?
Daily Meditations?
Scott Lawrence

Hello there.

Are you a **Coach or a Hypnotherapist**?

Do you need to get your business working, but you're riddled with anxiety, negative thoughts and you need to fix your situation?

I'm Scott Lawrence



I'm here to help.

After **1.5 decades** of experience (I started studying hypnotherapy in 2008) I've picked up some tricks, had some issues, solved many issues and I've coached a lot of students.

I've been on national radio frequently and seen over 5,000 clients personally.

I've been through some
good times and bad times

I started my business right after the Global Financial Crisis

I saw a flooding of the market of hypnotherapists in 2013

I saw Google Ads and Facebook
algorithms dramatically change

I ran my business through the 2020 Lockdowns in Melbourne

But I've had some epic wins too



And you will too.

I've been a Lecturer at the Academy of Hypnotic Science for Diploma Students, etc…

And I've had some bad times, and you will too.

Are you Stuck?

Are you either just ready to go and not sure where to start?

Or are you stressed to the max because the world is falling apart around your feet?

It’s not your fault.

But there is a way out.

And we’re going to talk about it in this eBook.

You can thank me later (just kidding.)

Just remember, you’re loved, you’ll survive and you’re going to be Ok.

And most of all, remember that you’re a brilliant, hyper aware, more attractive than you give yourself credit for, super caring healing genius who’s here for a reason.

How do you get you or your client unstuck?

There are a few styles of stuck.

For example;

Burnout, **Broke** and **Betrayal**.

I'm being clever by using the letter **B** for each word, but what we're talking about is;

Burnout = Health problems, tired, exhausted

Falling asleep at the wheel.

Falling asleep at the computer.

Broke = Stretching out your money over bills.

Avoiding phone calls, debt collectors.

Struggling to eat with the cost of living, etc…

Betrayal = People hurt you, you've lost faith, etc…

Avoiding people because they're likely to just hurt you again

What if You're **Burnt Out**?



I won't lie to you.

There can be a lot to learn.

That can make you tired.

And if you're not learning new things right now, because you already know so much; this can also make you tired because learning actually gives you energy.

Do you get headaches when you think about tackling all of the issues right now? You may be falling asleep on the laptop or phone trying to get everything done.

You may even have health issues that not only make it hard to get out of bed, but you could even have health issues that simply effect your social performance. You may be an introvert, your voice is warn out or your heart goes crazy when you're put on the spot.

You may have slept for 3 days in a row when you've been burnt out.

If you have kids, bills or other responsibilities, then finding the time can seem impossible. So it's easy to not bother if it seems more sensible to just stop and catch up on health.

Not everybody gets it.

Don't let those Ra-Ra coaches shame you for exhaustion, because they're not helping you by shaming you.

There's a lot of performance pressure to live up to Tony Robbins or even just other peers in your country or your community.

It's not your job to impress people.

It's your job to look after your personal situation. That's it.

Social media is out of control these days and salespeople like to shame you right to the point where you either buy or shut down.

But nobody publicly talks about the damage and trauma that same, guilt and bullying can cause people.

Yes, helping people through bullying them can cause way more harm than good.

I'm not telling you to block people or to sever communication with your community. However, if you need a break, take the break. And then reach out to your community on your own terms.

Always remember this rule: Bullying isn't coaching.

Mental Health:

Mental health is just as important as physical health.

You might stress about your age. You might be thinking about year ago, wishing you didn't waste particular moments or years of your life.

These feelings are normal, and are generally harmless.

They're harmless until they start to stack up and interrupt your sleep or time when you're meant to be focused on work or family.

How you feel about yourself really matters.

It's the difference between getting out of bed that day or for some people, calling an ambulance.

Even if you're in a money hole, full of bills, it's important to be kind to your mind, kind to your body and kind in how you speak to yourself.

Be careful that your self talk doesn't devolve into anything unsafe.



Use Beyond Blue or other emergency services if you need them. There's no shame in it.

Anyone who shames you for using these services are not your friend.

Remember, you are loved and you are unique.

There is only one of you in this universe.

We need you.

What if You're **Broke**?



You can't spend money that you don't have.

And because of the way the world seems to work, we feel very small if people in our community think that we're not rich enough. It's embarrassing.

Have your family or friends ever given you money advice?

Have you ever declined, but they still keep giving you advice?

Our society isn't good at respecting other peoples way of living.

If you have kids, a mortgage, or even just found yourself in a financial hole, it can be difficult to explain the stress or your unavailability to people. Your friends and family all want you to keep rolling on with restaurants, catch ups, Christmas, holidays, etc…

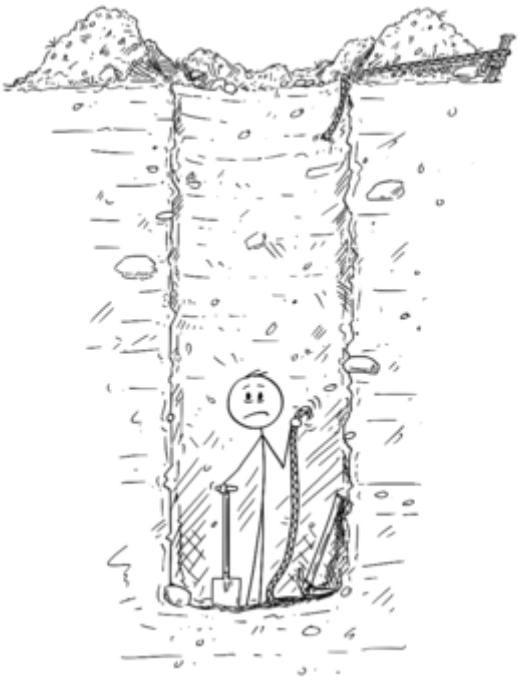
I asked ChatGPT this question, “Why is poverty embarrassing?”

Poverty can be embarrassing for several reasons, but it's important to note that these feelings of embarrassment are subjective and can vary from person to person. Here are some common reasons why some individuals might feel embarrassed about their poverty:

1. Social Stigma: In many societies, there is a social stigma associated with poverty. People who are living in poverty may feel judged or looked down upon by others, which can lead to feelings of embarrassment. This stigma can be reinforced by stereotypes and negative attitudes toward people in poverty.
2. Material Inadequacy: Poverty often means lacking basic necessities like food, clothing, and shelter. When someone cannot afford these essential items, they may feel ashamed or embarrassed because they are unable to meet their own or their family's basic needs.
3. Social Comparison: People tend to compare themselves to others in terms of social status, wealth, and material possessions. When individuals in poverty see others with more resources and a higher standard of living, they may feel embarrassed by their own lack of material wealth.
4. Self-Worth and Identity: Socioeconomic status can play a significant role in shaping a person's sense of self-worth and identity. Poverty can challenge one's self-esteem and self-perception, leading to feelings of embarrassment and inadequacy.
5. Fear of Judgment: Poverty can be isolating, and individuals in poverty may fear being judged or pitied by others. This fear of judgment can lead to embarrassment and a reluctance to seek help or support.
6. Lack of Opportunities: Poverty can limit access to educational and career opportunities, making it harder for individuals to improve their financial situation. This lack of opportunities can contribute to a sense of hopelessness and embarrassment.
7. Cultural and Social Pressure: In some cultures, there may be strong societal pressure to maintain a certain level of material wealth and success. Falling short of these expectations can lead to feelings of embarrassment and shame.

It's important to emphasize that poverty is not something people choose or something to be ashamed of. It often results from systemic factors, economic conditions, and circumstances beyond an individual's control. Society should strive to reduce the stigma associated with poverty and work toward creating more equitable opportunities and support systems for those in need. Empathy, understanding, and social policies that address poverty can help reduce the embarrassment and shame that some individuals may feel.

Being broke is a hole in the ground that can keep getting deeper.



A family of four estimated monthly costs are $6,236.9 in Australia.

Kids (and you) keep eating food.

The bank or landlord keeps asking for monthly payments for your house.

Your car needs petrol, (at the time of writing this, it's $2.10 per litre.

Houses keep getting more expensive.

Interest rates keep getting worse.

It's a mess out there for the little person.

The worst part of being broke is the uncertainty. We're going to talk through some cheap to free methods of getting higher paying clients, but for now just be calm and don't put pressure on yourself.

Money is both easy and hard.

When you have a lot of money, it's easy to get.

Alternatively, when you don't have a lot of money, it's easy to keep falling further into that hole.

But don't give up.

Rest, relax and re-group. But never give up.

If I can do this (and I'm a real idiot sometimes, if you know me personally) then you can do it to. Trust me, I didn't need to be special to win at this. I just followed the steps, a little at a time.

What if You’re **Betrayed**?



Betrayal is no joke.
My gosh people can be cold sometimes.

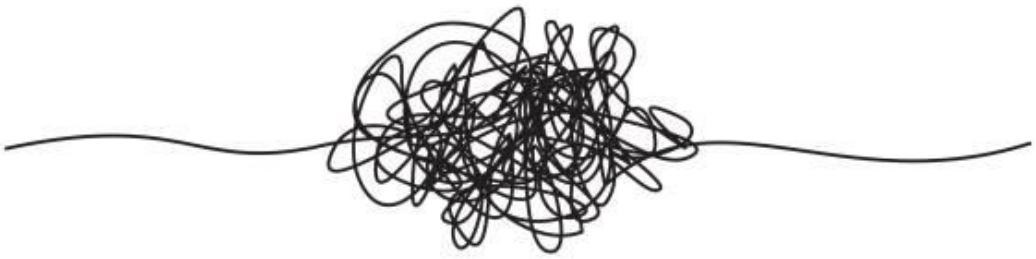
I mean, have you been on the dating market recently?

Have you ever had a boss who bullied you or didn’t understand your situation?

Or have you had a business partner who screwed you over and now you just don’t feel like working with anyone every again?

(People have different divers and values btw. If you’re a match, you’ll work out. If you’re not a match, you probably won’t be working together for very long.) If you’ve heard about my story, then you’ll know that I can relate to betrayal. But other people are really cheering for you.

What if You're **All 3**
Bunt Out, Broke and Betrayed?



Are you at your lowest point?

Is it hard to see the point to even get up in the morning?

Well I'd like for you to consider a re-frame.

You're not sick of any 1 thing in your life.

What you're sick of is the stacking of negatives.

Does that make sense?

Let me state it differently.

If you stack enough weight on any person, they'll collapse.

Does that make sense?

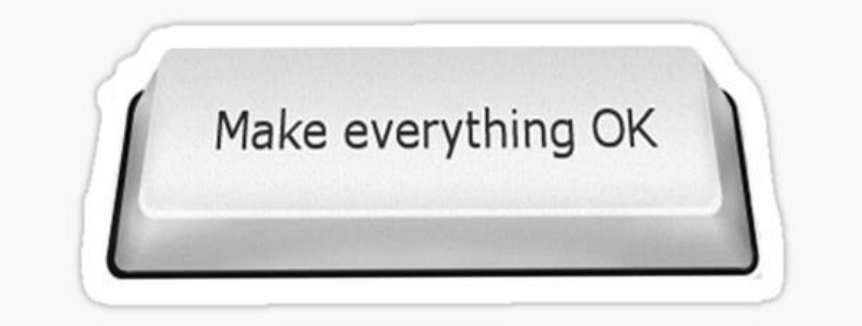
If you’re Sick of Everything, that simply means that you’ve exceeded your capacity.

I know that this doesn’t sound positive at this point, and you’re right. We’re not there yet.

But clarity still goes a long way.

My guess is that you still want to do well, but you’re struggling to move the needle.

If there was a magic button, I get that you’d be interested in pressing it.



Go with me here.

I don’t have a button, but I have a perspective on this.

The Old Perspective: There are too many problems to fix.

The New Perspective: If I you start with the surface presenting problem, using systems, eventually you’ll

The Philosophy of the Knot

As Bruce Lee says, "When you see an attacker with intentions, you shut him down – longest weapon and closest target."

When you fight a person, you don’t need to teach them everything that you know. Just hit them.

Does that make sense?

Have you ever unpicked a knot?

Do you need to understand the entire knot or just unpick the outside?

Your life is the same. You don’t need to understand your entire life, future, the universe and everything at once. Nobody knows that much.

Yes, most people are just a bit more lucky. But nobody is really smarter than you. They’ve either just got no knot to unpick, or they’re great at unpicking knots.

So work on 1 thing at a time.

1 Thing. Just 1.

The 3 Rules to the Knot.

Rule 1. It's Ok to say **'No'** to people

For example:

"Are you free to go to this party?"

"Can I borrow some money from you?"

"Can you come over and help me with something?"

Instead of saying "I don't know", or "I'll get back to you", just feel free to say "No" to anything that's not serving you if you feel that you're in a hole.

Rule 2. Find your Standards and steps for Money, Health and Relationships, and take 1 step per day.

For example:

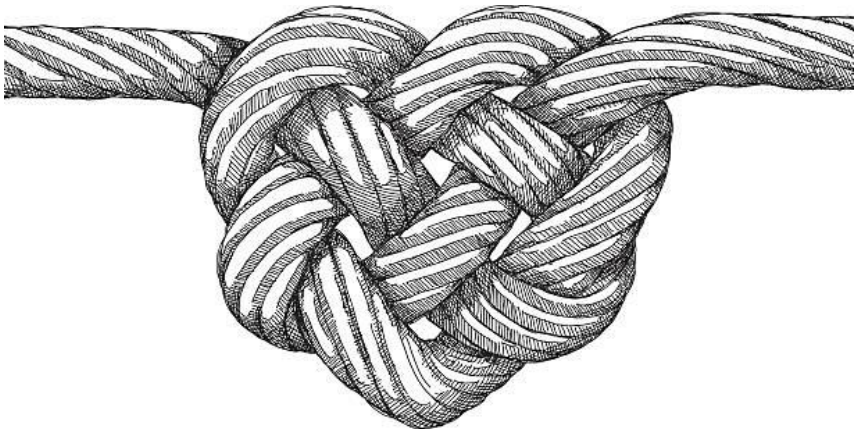
How much time do you need to schedule for yourself?

Find out how much money you need to keep your head above water.

Only reach out to people who are helping you to get out of your hole (not go further into the hole or get addicted to substances),but spend time with people who are helping you to make progress.

Rule 3. Make every day count by taking some action.

Step 1 to Getting **Un-Stuck**



Write a list of every demand that the world makes of you this week, and stick it on your bedroom wall.

While looking at your demand list, circle anything that doesn't serve you and practice saying "No"

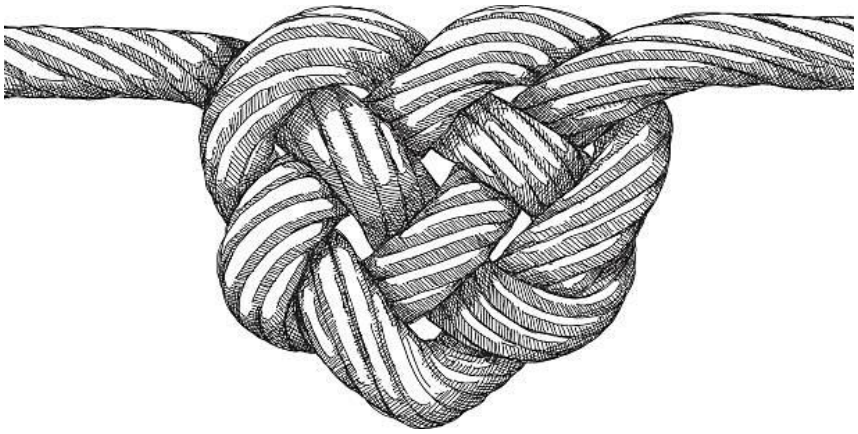
Your first job is to clear your desk, calendar and space.

You're on an important mission right now, so you don't have time to give away all of your energy.

Don't wait. Say "No" early. Get into this habit.

Nothing kills you energy faster than keeping tabs open in your brain. If you have a computer with a browser, you'll know how slow your computer gets with too many open tabs.

Step 2 to Getting **Un-Stuck**



Get a plan together starting with your personal self care.

Get your energy up any way that you can.

Write down a business plan for yourself, starting with a list of skills and outcomes.

For example:

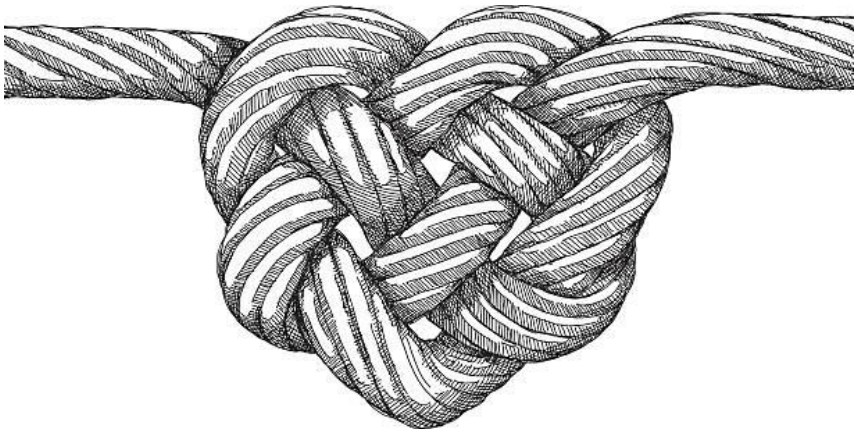
Outcomes: Build Website, Pick a Niche, Plan my Client Program, Create a Leads Strategy, Practice Selling, Practice Phone Script, Plan Budget, etc…

Skills: Writing, Speaking, Feeling OK with Rejection, Technology.

Don’t do any steps yet. Just list them

Get Something on Paper.

Step 3 to Getting **Un-Stuck**



Decide how much you can do today, and then do it.

That’s it.

Keep going until you’re out of the hole.

Because this eBook is called “I was wrong”, and it’s about curing anxiety, I went into some of the anxieties first that effect Coaches and Hypnotherapists.

You’ll love the premise of this book plus the tools and reframes for handling anxiety.

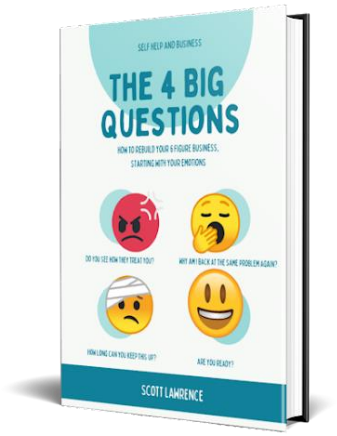
But there are many problems that people have with anxiety than just building a coaching business.

There’s also many more business tools in here. Here they are.

Do you want to Boost your Coaching / Hypnotherapy Business?

I have 4 Reading Recommendations.

Plus 5 Short Vids.



If you feel **Broken**

and you need a

Pick Me Up

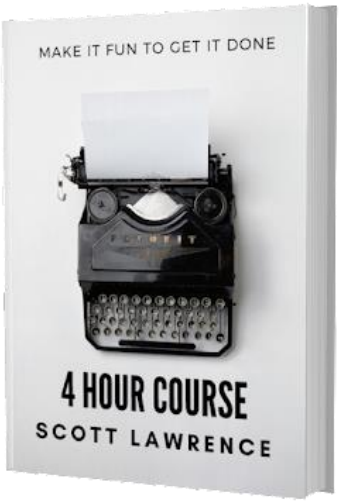
Then Read ‘4 Big Questions’

If you’re a **Beginner**

and you’re ready for the Basic Steps

Then Read ‘3 Webpage Templates’

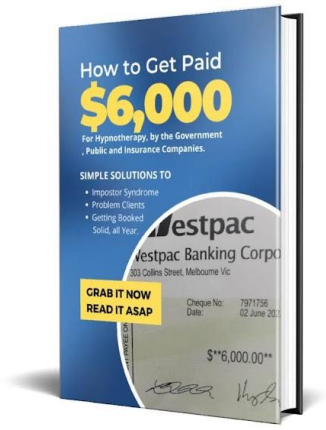




If you're an **EXPERT**

and want to Build Your Own Online Courses, Books, Communities and Automation

Then Read '4 Hour Course'



If you're an **On Fire**

and you're

Ready for Anything

Then Read "$6000"

After Reading these eBooks, **if you still have questions** about how to start **Your Coaching / Hypnotherapy Business**, then I strongly recommend joining this Free Training **'The Entrepreneur Rivalry'** to get Free Clients Online.

GET STARTED

Watch These Videos

to get the Basics of Your

Coaching / Hypnotherapy

Business Nailed



How do I get my Web Page and Traffic Finish Fast and Cheaply?



How do I answer the phone to book in nearly 100% of clients?



How do I do the actual therapy? Do you have example videos that I could copy for my Coaching / Hypno?

And Finally, the Therapy Stuff

If Your or Your Client need help with Anxiety or Depression,

Then Please Watch These Videos

Click to Watch the Videos





OK, ok, ok.

Those were the business resources.

Please dive deep and message me at scott@lawrencehypnotherapy.com if you need further help.

It's all doable.

But where were we with

the Anxiety stuff?

And the premise of the eBook called

'I Was Wrong'. I'll tell you what that's all about, because it's brilliant for handling anxiety.

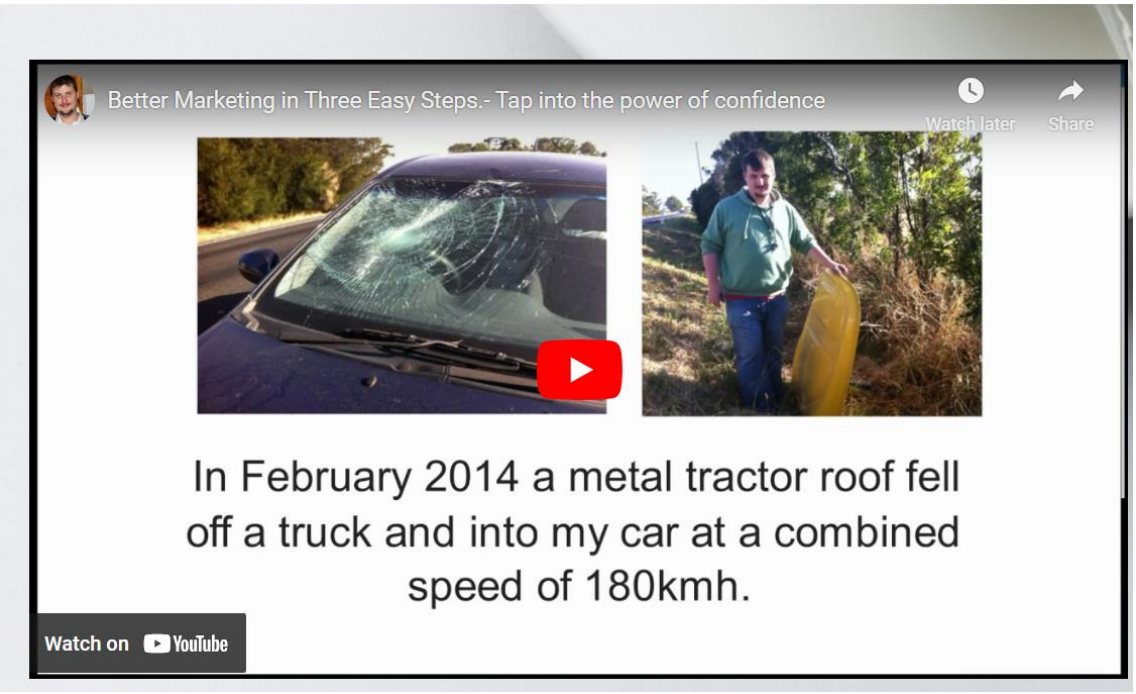
“I was wrong”

My Story of Anxiety

Watch this first

You’ll need it for the story

Can I Get Through This?



We tell the full story in the Entrepreneur Rival of how the relationship ended.

GET STARTED

Part 1- The Dream

I could do no wrong.

Straight after the GFC disaster in my hometown of Croydon, Melbourne. I started my own business after graduating with a Cert IV and Diploma at the Academy of Hypnotic Science in Melbourne.

I graduated top of my class. (I knew this because I was the only student who they sponsored to do the 2nd year.)

A couple of years earlier, after years of working for my parents, waiting for their business to become profitable enough for this 25 year old (41 now) to get paid to study. The dream never came, because my parents business never grew.

So I went out on my own (in a bit of a huff). I moved out of my parents house and quit my job with them. I couch surfed for a couple of weeks until I'd found my new job at Sams Warehouse, new apartment in Glen Waverly to rent and I signed up to study my Certificate IV in Hypnotherapy.

2 years later, I had my Diploma in a frame and wasn't sure what to do next. But I was around 27 year old by then and still with my head in the clouds.

I looked up every expert who I could find to help me to get started. I visited hypnotherapists. I filled hundreds of pages on

notes and put together a super-vision class with a seasoned expert hypnotherapist.

Now I was getting somewhere. I was a graduate hypnotherapist, and now I had guidance.

I found a few experts in a few fields of business.

I found a Web Page guy. I found a Google Guy. I found a Sales / Ad Copy Guy, etc…

I went door knocking until I found a wellness centre that would let me use their room. It was $50 per hour to rent this tiny room.

If my client didn't turn up, I still had to pay.

If I my client wanted to re-schedule, I had to make 2 phone calls to confirm with both the client and the wellness centre.

So the wellness centre wanted to charge me for the extra admin of changing the times.

That frustrated me enough to go and find my own office.

I still use it today. 13 years ago, I found it. It was just $120 per week for 24 / 7 access, with no neighbours. Up on the first level to avoid the Croydon Junkie Zombies.

At the same time, I'd started an 8 year relationship with my ex-wife. She also helped me in the first year of business, until her interests moved on to other things.

I took a few part time times just to get some cash flow in to get my business started.

I worked at Mobil Station, now 711, I took a few sales roles part time and saved just enough money, $6,000 to feel comfortable.

I spent $2,000 on flyers, and then paid to have those flyers delivered. Unfortunately, the company that I used never actually delivered any of my flyers.

So I went on foot, in the 36° Celsius heat delivering flyers for 8 hours per day. When it cooled down, I painted my office and looked for furniture to fill the empty spaces.

In my first week of hypnotherapy, I booked in 16 sessions with clients. Woo Hoo!

While everybody kept telling me to “Be Careful” and to “Slow Down” I basically told the all to “Go eat fudge” and I kept going.

I was on the Hamish and Andy National radio show in my first year of business. I was seeing 40 Clients per week within six months. Mate, I was crushing it.

I struggled to figure out the phone call script at first because I become too salesy. But after a while, I figured out my Appointment, Program, Pause Script and I was ready to go.

After 2 years of seeing clients, I got to come back to the Academy of Hypnotic Science to become a lecturer to Diploma Students.

I was among the first teachers to use the Academy of Hypnotic Science to host my own live / filmed workshops and seminars.

I instantly became a hit with the students, and became the highest paid teacher there. At this stage, I was engaged and getting married at the same time that our seminar tickets were on sale.

While other teachers were struggling to get 10 seats filled for $25, I had sold nearly 70 seats at $250 per ticket.

I knew what I was doing too.

I read many books on business and knew exactly how complacent other teachers had become.

Because I filmed my seminars and workshops, I turned them into a product and sold them to the students in my diploma lectures. I didn't even mean to. I was just asked to teach them some business stuff, so I brought a box of seminar DVD sets with me and the students asked me if I would be willing to sell them.

I was getting paid $400 per day to lecture at the academy and made an extra $400 in the lunch break while the students ran to ATMs and hurried to borrow cash from each other.

I was getting dizzy. I probably should have seen a therapist by this stage just to settle down.

Here’s the thing about sudden success like that;

It actually plays with your sense of reality and stability.

I felt off because I didn’t know who to talk to about this.

I didn’t want to talk to my peers, because I felt that I was never a part of the teacher culture there. I was a shooting star.

But shooting stars burn bright, fast and then they find a way to burn out.

My wife, at the time, now ex-wife, was focused on her own job.

She had lost interest in our business and it had become my business.

I felt very isolated.

So I visited my old drinking buddies.

These drinking buddies were great people, but they weren’t really who I should have been speaking to.

I needed therapy.

I needed to find grounding.

Part 2 – The Lesson

I launched another course at the Academy of Hypnotic Science.

This time for $1,000 per ticket.

We sold 1.

Just 1.

If you look back at the ad, you can see why.

My old ads were focused on exactly what I was there to teach.

This new ad for $1,000, may as well have been a square sticky note that says “Please give me $1,000”

My ad was terrible and didn’t even really deserve the 1 sale that I got.

But I didn’t know how to ground myself and integrate.

At home, I’d gone from being my wife’s hero, shooting star, loved by her family, being the man who saved her from her situation to now something else.

I was in her way.

She was older now, and lived in her own home long enough to start to realise what she wanted out of life, and it wasn’t to work with me in my growing coaching business.

We just didn’t have anything in common anymore.

At the start of our relationship, I was mad at my parents, and she was mad at her parents.

Now that bond can only last for a couple of years max before you need to grow together over something else or grow apart.

We grew apart.

Previously, any time there was a new money issue, tech issue, administration or paperwork issue, I was her hero.

I swooped in to impress her with what I could do.

When she stopped being impressed by me, I found it hard to perform.

And when I stopped performing, (no nothing dirty.), she lost interest in me.

I got depressed and stopped teaching. I saw fewer clients because I felt so disconnected from her.

She was an introvert who had conversations privately in her head. I only heard her talk when her friends came around. Other than that, she basically had stopped talking to me for years before we broke up.

I just assumed that it was a phase and that she’d get better soon. She was always sick and always needed my attention. But now instead of being a shooting star, I was arguing with her for having a negative mind set.

I became controlling and she became simultaneously needy and distant.

She was needy when she wanted something from me, but very distant if I talked about myself.

Neither of us where happy.

We probably should have broken up years earlier.

But we didn't.

I was on a low, missing my 'shooting star' days.

On holidays with her family, I'd talk to her family just to get some interaction. They were all great. We had so many great adventures, that it distracted me from the fact that my wife was sitting alone in the tent by herself for the entire holiday.

Again, she was getting more needy and distant.

I was getting more controlling.

We were not happy together.

Next, was the camp. Yes that one.

After my wife and I were looking for houses to buy, because we'd saved up our deposit and were seeing houses each Saturday, there was the camp.

This is the camp that I never saw my wife again after.

She said that she wanted to come along, but pulled out at the last minute, packed my bags for me and pretty much pushed me out of the door.

After a camping trip, I usually feel a bit out of sorts for a few days. I came back on a Sunday afternoon, knowing that I had a lot of work to do to unpack, wash clothes, make dinner, clean the house and then get up early to see clients the next day.

But this time was worse.
I came back to a written note from my wife telling me that she had moved out, but she would call me in a few days.

It was 5 weeks before I got a call from her.

She had changed her phone number so I couldn't call her.

It was hell, for 5 weeks.

I didn't know if I was in a relationship or not.

She wouldn't tell me.

Later on, I found out that she'd been in a relationship with another man for about a month before she left me.

I had no idea that my wife was cheating on me.

And even worse, the entire house deposit was in her account, and she stole that and took it to the next relationship.

She left me with nothing. No money, no closure and no explanation. I was in serious psychological pain.

Luckily my friends and family were so loving and caring at the time. My brain was on fire with the pain that I felt.

I was so confused.

I didn't see this coming.

In my brain, I thought that I was doing everything for her.

I never clicked on to the fact that she wasn't happy living with me. We never had that discussion.

My brother did a lot of heavy lifting at this time.

He heard me ask the same question for those 5 weeks, "Do you think that she's OK?", "Do you think that she's been kidnapped?", "Do you think that she'll call today?"

My brother was a saint with how calm and patient he was with me. So we started working together.

I still employ my brother in my business today, and it's still working out well.

But I can tell you, if ever I've experienced anxiety in my life, it was during those 5 weeks.

I couldn't be alone at night, yet I was. I'd wake up in a panic in bed. I'd check my phone for missed calls. I didn't know if I was cooking her dinner that night or not. I had no bearings on reality. I was completely lost.

I loved her, but was angry at her, and also confused about the entire thing. I felt so many conflicting emotions. I tried to stop thinking about her, but I couldn't I was trapped in my own head.

Part 3- Practical Steps

I was scared that I would go clinically insane.

But 1 thought saved me.

This one thought helped me with my sense of reality.

By now, you can probably guess what I'm talking about.

For the first time in years, I had to consider that maybe I was wrong.

I know that from the outside, it's easy to laugh, and I would too. Don't worry, I'm not offended. But this was where my head was at.

I had to realise that I'd made a mistake and now I needed to move forward.

I had so much free time to fill up.

I can tell you that after a break up, if you have no kids, it feels like a day lasts a week. I paced around the oval 10 times per day. I emptied out the house (again with no contact with my ex-wife. She wouldn't talk to me.)

I got in trouble for taking things from the house that she wanted for herself. I'm not sure what else I could have done considering she wouldn't speak to me, even to plan vacating

our rental property. But the in-laws passed on her disapproval every step of the way.

I needed to move forward with my life and get my head pointed in the right direction fast.

Of course, I drank what ever I found in the house.

I had a few friends over to help me finish off a cupboard full of alcohol. Not the best move, but during the grief, they wanted to help me to pull through.

I couldn't just go to work, and then come home and be by myself. I was going nuts.

I needed a mission.

I needed something to do.

So my brother and I started creating and selling eBooks, courses, seminars, etc…

Again, I had a focal point.

But still, I only found peace in the profound truth that "I was wrong".

I'm not saying that knew better at the time. But I was wrong to stay in a relationship when neither of us were happy.

I was wrong to assume that I was always right.

I was wrong to assume that she'd change to suit me.

I was wrong about so many things.

And oddly, that realisation set me free.

She did stuff wrong.

I did stuff wrong.

That happens.

I gave myself permission to have made a mistake.

The pressure of having to justify yourself to others is nonsense.

I had people asking me, "Did you see signs that she was about to leave?"

No I didn't. She surprised me.

The pressure to have to see something like that coming is crazy. Most people who divorce go through a process of steps.

It might look like this.

1. They fight
2. They go to counselling
3. Counselling fails
4. They discuss breaking up
5. They break up.

We skipped all 5 steps. We didn't break up. She was just gone.

At this point, it didn't matter to her what I thought of her.

She was gone. Just gone.

I had to face a reality where I never see her again, never get closure from her and must find a way to keep going.

And it was tough.

Luckly for my brother and I, the business took off really well and the cash was flowing.

I was completely focused on work, because that's all that I had in my life. My brother was focused on a few more things, because he has his entire life to focus on too.

So after a while, I realised that my brother wasn't going to share my obsession with my work. That's the same mistake that I made with my ex-wife. I projected my personality onto her. I've learned from my ex-wife that I have a tendency to do that. I try not to make that same mistake with my brother. But, you know, at times I still do. Because I make mistakes. I'm wrong sometimes.

I can tell you from experience, being wrong and allowing yourself room to be wrong is like a superpower.

You'll be pleased to know that, that wasn't the last time that I was wrong.

Not to say that I'm always wrong. But I'm not always right.

I'm still learning, and I like that.

I like that I can give myself permission to be 'still learning'

Everybody is wrong from time to time.

I'm sure that my brother has his times too, because he's a human.

If you're open to it, I invite you to share in the relief of knowing that you don't have to have your entire life figured out right now.

You're going to make mistakes, just like me.

And I don't just mean for the next few months.

You're going to make mistakes for the rest of your life.

That's being human.

As a human, you're allowed to change your mind.

You're allowed to see somebody in one light for a while, and then see them differently as they present different behaviours to you.

But we're so Team and Tribal orientated these days, that it feels like people are forced to lock their opinions in stone.

Think about it this way.

If you'd like to have the best advantage in life, wouldn't that mean that you would need the highest level of flexibility?

Are you allowed to change your mind, not just today, but in 20 years from now, because new information makes itself available.

Can you change your mind without beating yourself up?

I know that I have to self-reflect differently at different stages of my life, because I'm likely to receive different triggers at different stages.

If my story has given you anything, I hope that it's given you flexibility to be yourself, try different things and then to be ready as things will always continue to change around you.

Because my story was deeply about my own anxiety, let's explore the idea of anxiety and discuss some of the tools that helped me in my times of need.

Anxiety is a highly mis-understood topic.

But just remember that the follow tools come from my own experience, so judge and try it out for yourself and see what you think.

How Anxiety Works

Caring about what everybody thinks can be a real energy drain.

So often, we look to the gurus, hero worship, daily meditations, somatic work, CBT or aligning our spiritual scoliosis. (If you don't know what scoliosis is, it's a when your spine becomes crooked.)

Basically, anxiety is thinking about the future.

That's it.

The likely hood is that you're doing too much.

You've built a very sophisticated world view over the past few years, and weather we like to admit it or not, we're very proud and protective of our world view.

Our world view sounds like this to everyone else;

"In the past, I didn't know what I was doing. Silly me.

But now I have no gaps in my world view. Yay me!

I will never have to challenge my values again in another 10 years. Thank god for that. There's no way the world can throw another 'self-discovery' challenge at me again."

Can you hear how silly it sounds?

What if, and please, please, please go with me on this one….

What if you're still wrong about some things?

OK, please don’t hit me.

But can you hear it?

Do you know how much pressure I’ve been put under, or put myself under to be right?

When you start teaching, you get scared that you’ll lose your audience if you ever say “I’m still figuring things out”.

It’s embarrassing. I’m embarrassed constantly when my plans don’t work out or when I’m caught off guard with a question.

It hurts a bit for a little while. But it hurts more when we hold onto our identity as a ‘know it all’.

Repeat after me:

“It’s OK to be wrong”

You’re not going to die because of it.

Repeat after me:

“It’s safe to be wrong”

Trust me, my ego can steer me down that path so quickly if I’m not on top of it. And 90% of the time, I’m not even on top of it.

Do you feel what I’m getting at here?

How Suffering Works

This eBook isn't so much about the sensory symptoms of Anxiety, as much as a re-frame book to help you to escape anxiety through awareness of the frivolousness of anxiety.

However, I thought that I'd include a basic framework.

Well, if you're going to suffer from time to time, you may as well have a map for getting out of it.

The 5 ways to suffer with anxiety.

1. Physical Suffering
2. Visual Imagination Anxiety
3. Auditory Anxiety (self-talk)
4. Unmet needs and
5. Obsessive thoughts.

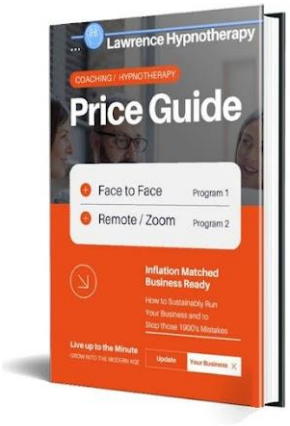
If you find yourself suffering from anxiety, you need to stop and ask yourself how you are suffering.

People who are told to do meditation often find that their panic attack doesn't respond at all to meditation. And that's not because meditation isn't brilliant, it's just that breathing techniques only help the body. Breathing slow, focusing and humming does nothing for unmet needs or visual imagination anxiety. There are different tools for different anxieties.

Physical Suffering
(AKA, the panic attack)

When anxiety takes on the nature of Physical Suffering, it's because the body thinks that you're in danger and now you're breathing too fast.

That's it. If you slow down your breathing, you will slow down your physical panic attack.



I talk about this phenomenon a bit in my eBook called "Your Hypnotherapy Price Guide"

Don't take my word for it. Let me talk you through this one.



Have you heard about Wim Hof?

You know, the Ice Man?

In April, I took a friend to Sydney to do the Ice Bath Challenge.

I was fine until I freaked out.



The basic idea is that you hop in a kiddie pool for 2 minutes with 11 other adults without jumping straight back out.

If you do that, and you last 2 minutes, then you've completed the challenge.

But, and this is what made the challenge so interesting, your body will probably panic as soon as it hits the 0.4° Celsius water.

I did.

I stepped in and my body had a panic attack.

Without thinking about it, in the first 30 seconds, my breathing was faster than a dog after a sprint.

Then Wim yelled out "Slow down your breathing".
So I did.

I slowed down my breathing and my body adjusted.

That's what a physical anxiety panic attack is.

Slow down your breathing. Your body will catch on.

Visual Imagination Anxiety



A visual thinker can often perceive their issues in their head as too close.

They need more space to see their problems so that they can breathe again.

Nothing bothers the visual thinker more than clutter or small spaces.



If you find that your anxiety expresses itself visually, just imagine that all of your problems are probably right in front of your eyes, taking up all of your viewing space.

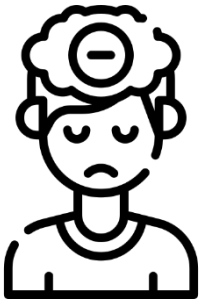
Now imagine those problems as 5 small orbs on this giant executive desk. See them in front of you and notice how your breathing changes.



By offering the visual thinking a larger room and space to breath, they can relieve visual anxiety.

Auditory Anxiety (self talk)

If you knew the power of your thoughts, you would never have another negative thought ever again.



As Bruce Lee said, “Never insult yourself, even as a joke. Because your body / subconscious doesn’t know the difference.”

Reframing does wonders for negative self-talk.

Because your brain is so habitual, it can be a terrible habit to beat yourself up.

As they say in neuro-science “Brain cells that fire together, wire together”.

This means that if you have a negative thought just once, and then just once again, you’re likely to have that same though on repeat a third time, forth time and so on.

The Sensory Brain

If you haven’t heard of Carl Barron, then I urge you to watch this short clip.



“I love the Australian language

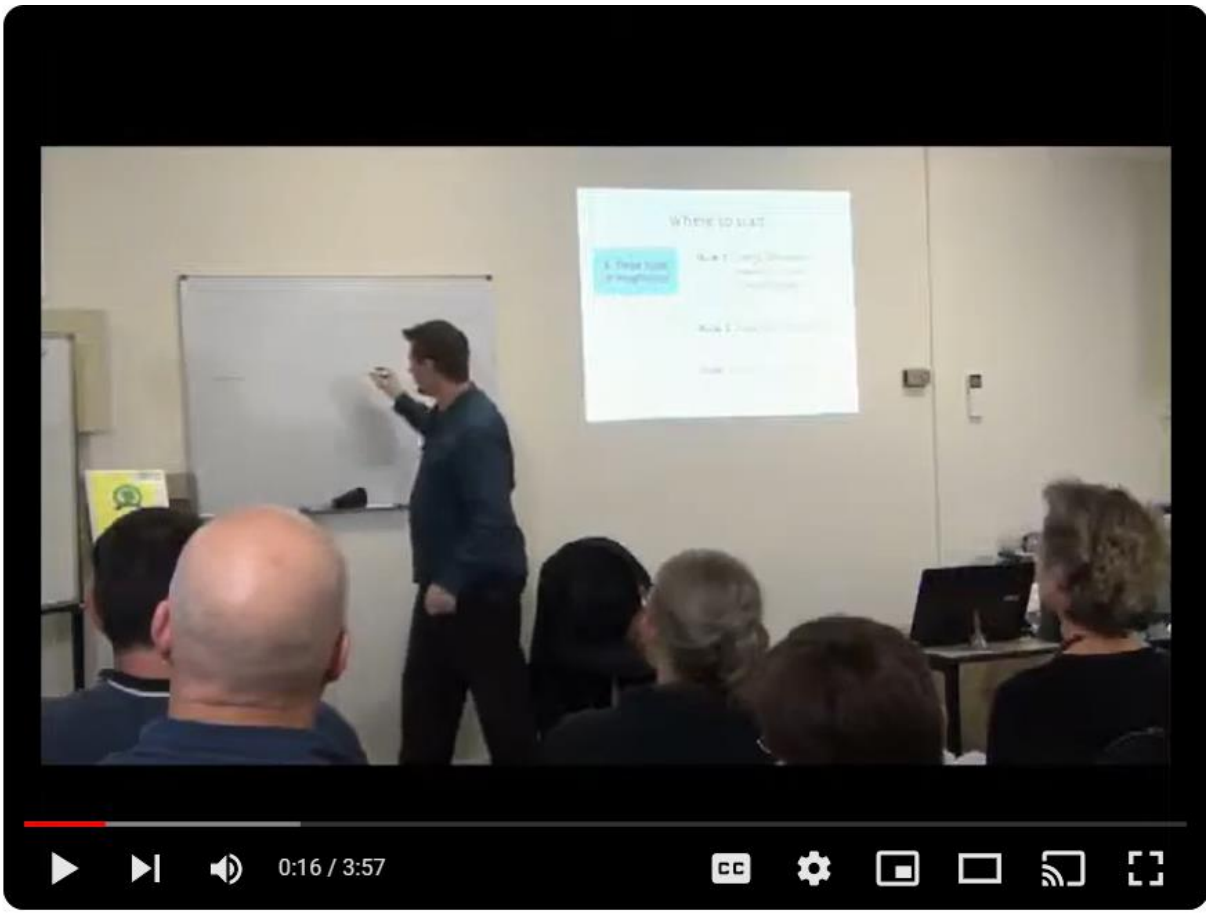
The Australian language is a naturally smartass language. But you ask someone in how they are in Australia, they don’t tell you how they are, they tell you they're not

and you've got to guess the rest. G’day mate how you going? Not bad. What’ve you been up to. Oh, not much. How much was that? It wasn’t cheap. Where is this place. It’s not far. When are we going? Not long now.”

We speak backward, and our subconscious doesn’t understand.

Power Language

Now that you've seen an example of how we speak, please watch this short video as an example of how your subconscious listens.



If I say "Don't think of Chocolate", what do you think about?

You think about chocolate right?

Calm-Hypnotic Language

Your job here, when curing Auditory Anxiety (self-talk) is to re-frame and to use nicer words to frame the situation.

For example, if you were struggling to pay your bills, your subconscious doesn't want to hear "I'm going to lose my house", "I can't afford food".

Instead, your subconscious mind wants to hear calm, productive suggestions. Such as, "How can I make another $2,000 in the next week?", "How can I break that into steps?", "If my coaching programs are $1,000 each, how can I sell 2 programs this week?", "How many FB groups do I need to post my offer into to get just 2 sales?"

Does that make sense?

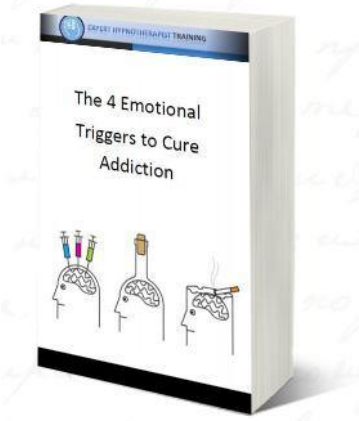
Doesn't that feel better to say?

Your body doesn't want to hear you say "I'm getting sick". Instead your body / subconscious wants to hear you say "What does my body need from me today?", "How can I remember to slow down my breath, hydrate, eat clean, get some gentle exercise outdoors, get plenty of regular rest, etc…".

If you use the Solution in your Sensory words, then you're way more likely to actually get a solution.

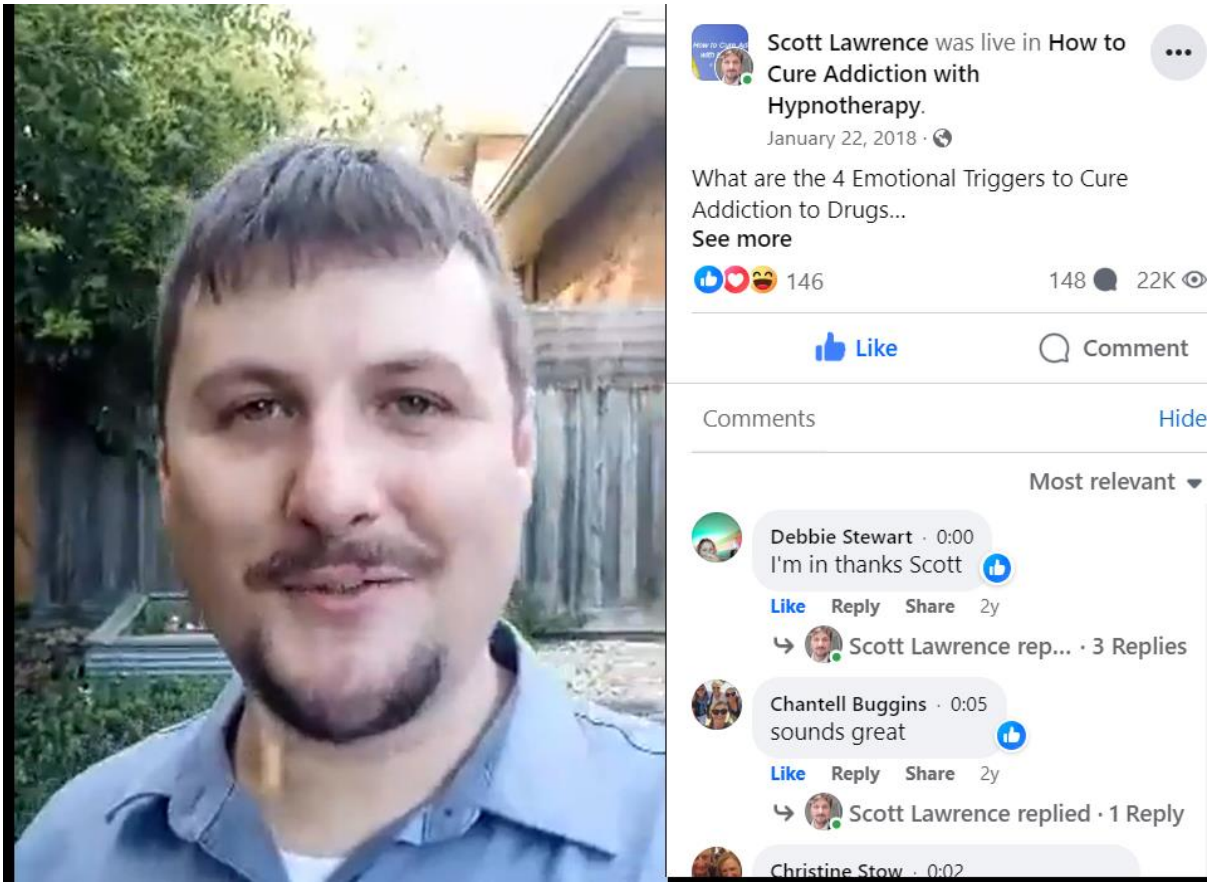
Anything else is just self torture.

Unmet Needs



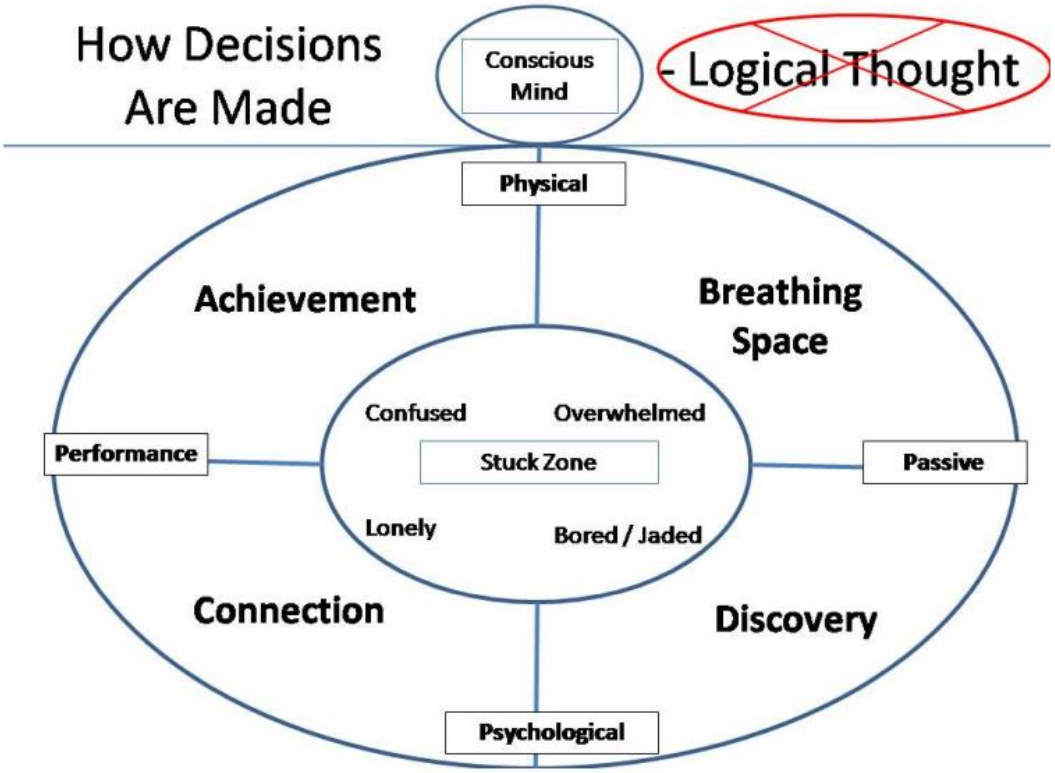
I've never explained these 4 emotional needs better than in my eBook '4 Emotional Needs' or in this video down here that you can click on.

Basically, no amount of meditation and spiritual alignment will make up for unmet human needs. They are, after all, needs.



The 4 Emotion Map

Putting it all together



Need 1**. Achievement.**

The need to get things done.

Need 2. **Breathing Space**

The need for a moment of pause.

Need 3. **Connection**

The need for people.

Need 4. **Discovery / Reward**

The need to learn / have or have fun.

Achievement



We all have a To-Do list of some style.

This list may be in your head, written down, in your phone or somewhere else. But we all have one.

If you feel that you're getting through the day, you kind of feel like a hero. You're doing well.

If you're falling behind, then you had an unmet need for progress or completion.

If you feel as though somebody is stopping you from getting your job done, or preventing you from paying your bills by getting in the way of your To-Do list, then again, you have an unmet need for progress.

This human need can be great as a motivator, but sometimes it can lead to short tempers, anger and frustration if not tempered with breaks and variety from time to time.

Dangers can come when people become too obsessed with completion and they lose their daily sleep routine.

Breathing Space



Often, our batteries run out and we need to stop and catch our breath.

This may even be your social batteries running out, which forces you to seek refuge away from people.

An unmet need to stop and take a break can not be replaced with anything else. That's why no amount of chakra realigning will do it. Trust me, I'm all for the spiritual stuff, but this is a practical guide. When your brain is done, it's done. You need to take a break at least every 90 minutes.

High performance coaches all take breaks to maximise their overall performance. It doesn't cost you time to take breaks. It costs you performance to not be refreshed.

Connection



Everybody needs somebody from time to time. However, the way that we need people can differ depending on our love language, introvert / extravert tendencies / masculine vs feminine energy and weather we need people for help with survival or just someone to relate to.

2 very different types of needing people are;

1. Wanting company
2. Needing help with something.

The difference is that once the person who needs help doesn't need help anymore, they usually would prefer to go and recharge on their own for a while. This isn't an insult to the person they received help from. It's usually all of the socialising that the introvert can handle at that time.

But people who need people have a tougher job. To avoid being co-dependant, they need to develop a wider group or hobbies they can do on their own.

Discovery / Reward



A reward is different from a break. You can put a reward off for a while, but not forever.

But breaks are best taken while they're needed.

Because rewards, as a human need, can be delayed, often they become forgotten.

Self-reward needs to be prioritized just like any other human need. But they're never urgent.

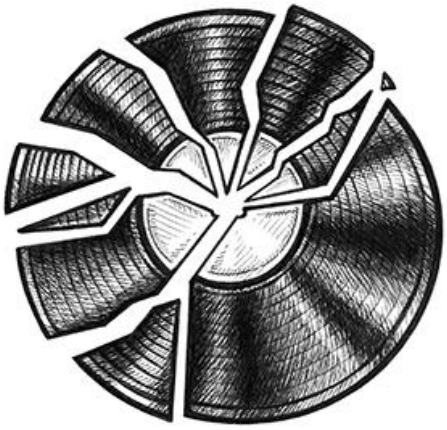
Just make sure that your day or night plan includes something that keeps your spirit going.

This could be anything, as long as it's something that you actually like.

Your rewards don't need to make sense to anybody else for them to be rewards.

If girls like to paint their nails to get their needs met, then I can't relate to it. But I have music, computer games and social events for me.

Obsessive Thoughts



Sometimes your brain holds onto negative thoughts.

But getting rid of negative thoughts, while easy, is probably not intuitive.

The first instinct for getting rid of something unwanted is to wrestle with it.

Imagine there is a snake in your house. The key here is to leave the snake alone, but also get the snake out of your house.



Your first step is to give the snake some space. Next, if it's safe to do, open a door. Then get away from both the door and the snake.

You don't have to tell the snake what to do here. The snake wants to leave. But the snake will leave when it's ready. The snake will decide for itself when it feels safe to leave.

The same technique works for negative / obsessive thoughts.

The River Technique



Thoughts are like snakes. They do what they want.

If you could imagine a river. A perfect clean river.

Now imagine a dirty raft full of garbage floats down the river.

If you want the dirty raft of garbage to leave, then don't push it back upriver. Instead, notice that the river has an exit and wait for the raft to leave.

Now imagine your mind is that river and the negative obsessive thought is the raft full of garbage. Don't push the though / garbage back upriver. Instead, notice the river / mind has an exit and wait for the raft / thought to leave.

It works every time as long as you relax and allow the exit to do its job.

Be patient. It works.

Anxiety Re-Frame Tools

These 8 Re-Frames will Save Your Mind

Tool 1: Permission to be Wrong.

Tool 2: Your teachers are wrong sometimes too.

Tool 3: Bad Luck probably means that you're due some good luck soon.

Tool 4: If you're doing well, then don't look down.

Tool 5: Stop Trying.

Tool 6: People don't think the way that you do.

Tool 7: Money isn't an issue. Cash Flow is.

Tool 8: The Brain wants to Solve Puzzles.

The World We Live In

And what's coming next.

The world is a wonderful / uncertain place.

But it's getting out of control for the average person.

The government is slowly exerting more and more control.

The family support structure is being replaced by teams.

People are being divided into their little echo chambers online.

And new tools are coming out to replace us all.

But I don't want you to worry about it.

I want you to see if you can detach yourself enough from outcomes that you can surprise yourself again.

If you want to earn the big dollars, then you can't be so reactive to every little thing all the time. It'll burn you out fast than those new supposedly long-life lightbulbs that burn out the day that you plug them in.

If you can admit your faults, then you can create a new version of yourself. You're probably stuck with the baggage of all of this new age self-care that it's embarrassing to struggle or stumble.

Yes, this includes your teachers. They can be wrong too.

Does this make them bad?

Does this make them good?

Neither. It's human to fail. The sooner you let go, the sooner the new you can be set free on this beautiful world full of opportunities.

Tool 1: Permission to be Wrong

This is what helped me each time that I was surprised or caught off guard.

This identity of being the guru feels like you're never allowed to make a mistake again or be wrong ever again after you start coaching.

Not everybody feels this way, but plenty of students who I've spoken to have felt like this.

You don't have to make your self wrong.

That's not the point.

But you do need to be open to freedom and flexibility in those areas at crucial times in your life.

Nothing will drain you faster than to maintain an identity that fundamentally clashes with who you have become.

Just give yourself permission to let it go and to move on to what is next in your life.

Tool 2: Your Teachers are Wrong Sometimes too

Sometimes we get a little carried away with the hero worship.

It's kind of how branding works. It doesn't matter who the hero is. I know that Tony Robbins is a popular one though.

We move away from the original reason why we liked our mentor / teacher / coach in the first place.

All people evolve and change, and that's normal.

Sometimes our need that our mentor attracted us through can shift, and then we get stuck following someone who's not actually helping us anymore.

There's even the possibility that your teacher has burnt out and has nothing left to teach. I mean, hopefully not. But it may be wise to be flexible at the time that it happens.

If you've read my story, there's nothing worse than being trapped in a prison of your own making.

No teacher is right 100% of the time.

I could joke and say, "except for me", but that's just for laughs.

You'll have many mentors and many teachers throughout your entire life. And that's Ok.

Tool 3: Bad Luck means that you're probably due some good luck soon.

Have you been through some bad times lately?

Well, you're probably due for some good luck.

Weather or not this is true, as an Anxiety Re-Frame, it's terrific.

You'll always have good days and bad days.

If it's been too cold, it'll warm up in the Summer.

If it's been too hot, it'll cool down in the Winter.

If you've had no money, then you're probably due to have some soon. Either way, worry doesn't help.

This Mental Re-Frame has helped me so much with my stability, especially learning from my Shooting Star Experiences.

I've had so many shooting star experiences since. But the difference now is that I'm actually happy to have the down time in between the busy times.

Tool 4: If you're doing well, then don't look down.



Watch this video for the full concept.

Have you ever seen the Road Runner and Coyote?

When the Coyote walks off a cliff, he doesn't fall.

It’s not until he looks down and notices that he’s in the air that he starts to fall.

The same phenomenon seems to happen when you’re on a Shooting Star / Success Streak.

If you keep going, the success will keep going as long as you do. But if you stop and let all of the doubts in, then you’ll get taken over with fear.

That’s why a mentor of mine taught me about a concept called, “Move faster than the speed of doubt.”

If you’re in motion, generally you can’t do anything wrong.

Another mentor of mine was doing $10,000,000 per year at the young age of 24 years old.

He was unstoppable. Yes he had doubters, but he just didn’t give them his attention. This made him bullet proof, until he finally gave into the narrative and the entire business collapsed.

He did improve his Softer and more Feminine / Intuitive side after the fall and made a complete recovery. But it is amazing how nothing can hurt you until you give it attention.

I think about the boat analogy.

The only thing that sinks a boat is water. But boats live in water.

The boat can be surrounded by an entire ocean of water and not sink. It’s not until the water gets inside the boat that the boat starts to sink.

Tool 5: Stop Trying.

This one has a lot to do with perfectionism and blindly taking frustrated swings at problem solving.

I also recommend reading the book “The Subtle Art of Not Giving a F****”, which talks about how you need to be selective with what you care about. If you care about everything, you’ll burn out. If you try to stop caring about everything, you’ll fail at that and end up caring anyway. So just select carefully.

The general idea that success can come from ease has been largely hijacked by the spiritual coaching world.

They’ll use explanations such as “The 3D world is limited. You need to go beyond”. And they’re not wrong.

It’s just that most people still need a map with practical steps.

Let’s take a look at this 3D world that spiritual coaches tell us not to focus on.

It starts with 3 broad categories.

1. Money
2. Health and
3. Relationships.

These are the big 3, Newtonian, 3-D world problems that people stress about.

Money, health and relationships are the 3 markets that people pay for. So it makes sense that Money, Health and Relationships are the areas where people invoke the largest amount of Stress, Hurry, Perfectionism and Panic about.

The truth is, successful people don't need to fight so hard as what you may think.

Successful people are being propped up by the buffer of their success. This gives successful people more time and resources to create even more success.

But what does this mean if you're in the pain of not doing so well with Money, Health or Relationships?

This is what Joseph Campbell, Author of 'The Hero with a Thousand Faces' could call your Proving Ground.

I'm not saying that the 'Stop Trying' technique will cure health problems. Although we know that stress and anxiety isn't great for the immune system.

But keeping your cool is so much better for making money.

If you can focus on the success principles of money instead of worrying about not being able to eat or pay bills, then you're way more likely to have the kind of energy that people want to be around. People love giving money to people who don't seem to need any. But they feel icky, about giving money to people who need it.

If someone has a house of their own, we're more likely to let them inside out house, vs a homeless person who has no house.

I know, it's so backwards, but this is human nature.

If people catch you 'Trying' then they'll see a 'Needy' energy.

If people think that they're interrupting your amazing adventurous life, then it feels like a privilege when you give them some of your time or attention.

Remember that we Value what's difficult to acquire.

But we take for granted what is always available.

Even health can be assisted with this 'Stop Trying' approach.

For best health, you should follow the best health advice. But after that, there's nothing left to do, so stop trying.

So often, 'Trying' is just a code word for 'Tantrum' or 'Adult Tantrum'. The 'Adult Tantrum' is basically when we fool our selves into thinking that our negative / victim energy is part of our job somehow.

I have a friend who tried to study for 16 hours per day, and she burnt out. She turned it up to 18 hours per day, and got worse results. It's easy to judge from the outside, so please be kind, but people need to 'Let Go' a little bit more after they've done their physical 3-D steps. Just stop sabotaging your hard work.

Tool 6: People don’t think the way that you do

What if you were wrong about what people think about?

Can’t that be fantastic news?

What if you thought that everyone hated you, but you were wrong? Isn’t it great to be wrong about that?

Well, the science and studies, sorry that I’m not citing any evidence for this particular clam, says that people really do have different preferences and thinking styles.

Not everyone wants to be the boss.

Not everyone wants to eat the same thing as you or listen to the same music, or watch the same shows, or read the same books, or holiday the same way that you do.

And this is a brilliant tool for Re-Framing anxiety.

You could be having nightmares that the police are on their way to lock you up for life for committing some unknown crime. You could worry that you’re annoying and that nobody loves you. You could feel that you let someone down by not doing enough for them.

The chances are, that you’re wrong and the other person see’s it differently. The chances are that we’re wrong about most things. And that’s OK. In fact, it’s a relief.

Tool 7: Money isn’t an issue. Cash Flow is.

There is plenty of money in the world.

In fact, our money supply keeps going up.

We have more money on Earth every year.

You can probably see where I’m going with this.

If the planet Earth keeps generating more and more money, then why do people seem to be broke?

Indoctrination



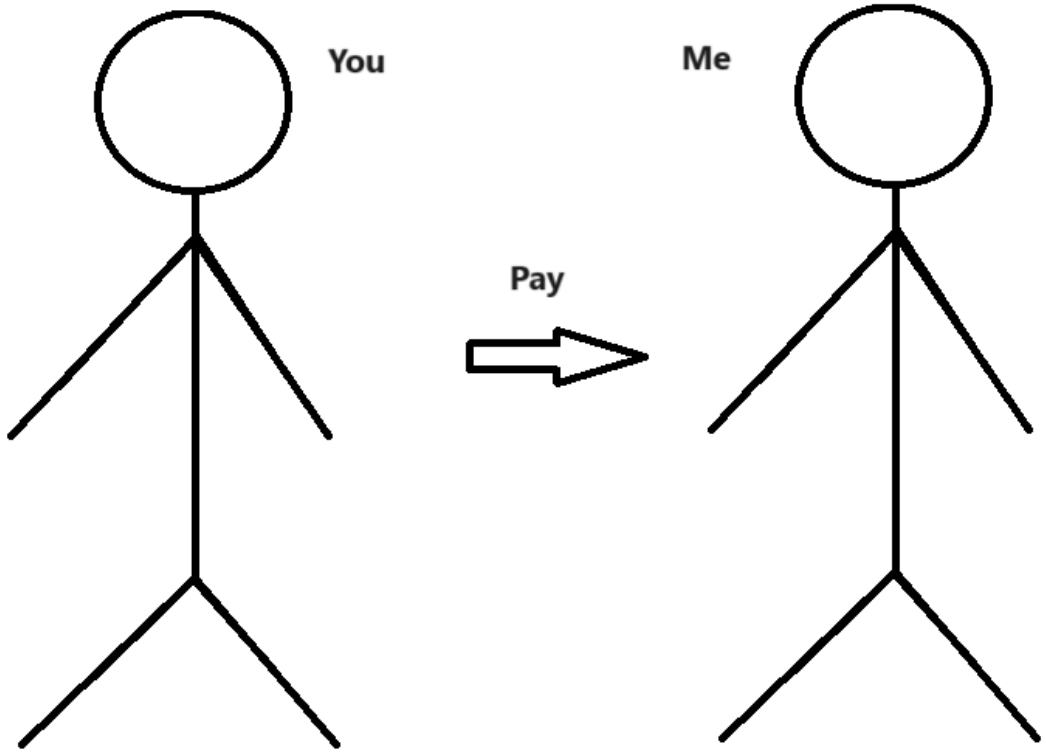
Watch this video for a full explanation, but I’ll have a go at explaining it here.

Let’s say that you need at least $1000 per week to just scrape above zero.

When you’re in a desperate mess and having a tantrum, the best thing that you can do is either walk it off or go to bed. Because that tantrum energy is just going to dig a deeper and deeper hole, while annoying the people around you.

The simplest business model that I can describe, as a joke, is called the ‘You Pay Me Model’

It’s basically where you pay me. That’s it. Simple right?



I know, I’m a legend in my own mind with this type of comedy.

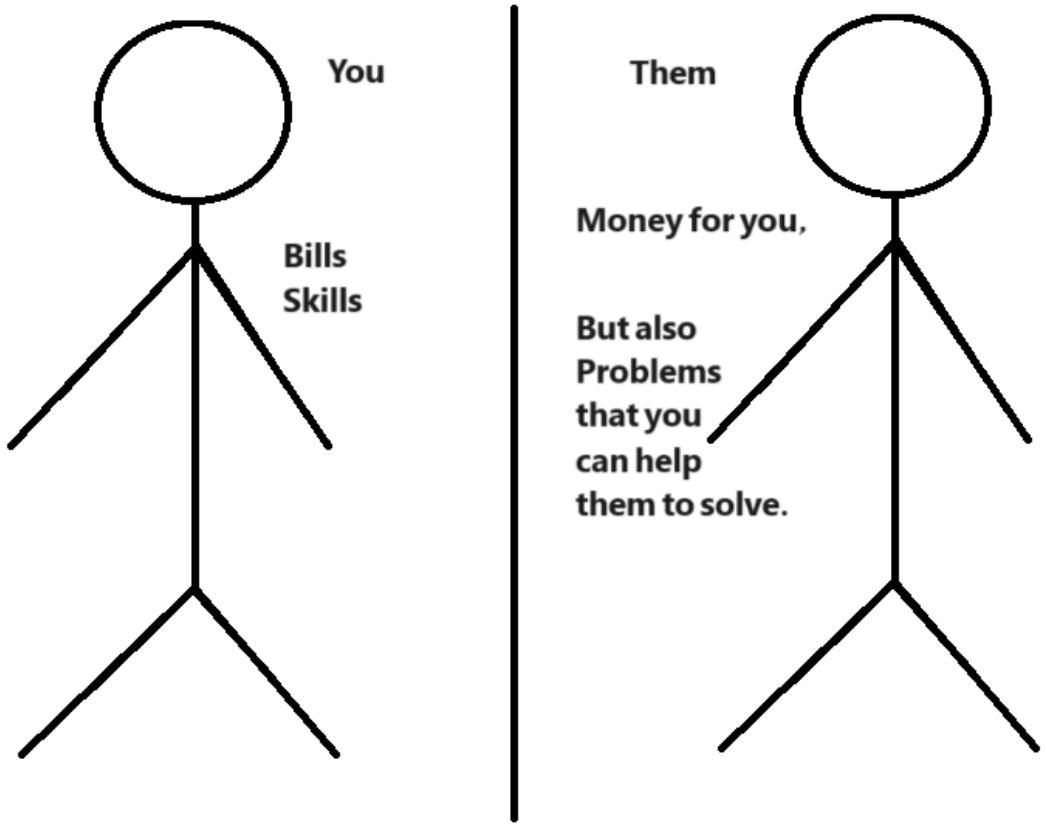
But the point is, this is the simplest form of business.

It’s where somebody who is not you, gives you money.

So why would anyone want to give you money?

Let's look at the model again.

I know that you have skills that you want to sell and bills that you need to pay, but instead of looking at the 'You' side, let's explore the 'Them' side.



Let me ask again, why would anyone want to give you money?

That's right. They want to pay you for help with their problem.

So you need to find a problem that people have and talk about it publicly until people want to give you their money.

The next problem is that people need you to make an Offer before they can give you their money



If you speak the language of the customer, often called WII-FM (What's In It For Me), then you can make a sale.

It's less about you and more about them.

So, In a way, money isn't a problem because you can always get more of it.

But what did I mean by Cashflow is the Problem?

Well, often people are looking at the short term too much, trying to get some more money, when what they should be doing is planning their cashflow, and giving them selves enough time to succeed at what they're doing.

It's a lot easier to make $2,000 per week with 2 sales of $1,000 than it is to make 20 sales of $100 every week.

Check out this video to explain the concept.



Business in a Box - Week 1 Video 2

You'll never get 1 million dollars per year by selling 1,000,000 of $1 products. That means that eBooks are and cheap sales are not how you'll get there.

You would need over 19,000 sales every single week.

How many sales did you make last week?

And don't think that a cheaper product means guaranteed sales. It just doesn't work that way. You're not in contact with that many people

Equally, you'll never get there by selling 1 X $1,000,000 products. But if you sell 1,000 X $1,000 products or services per year, then you've reached your million.

This is only 19 to 20 sales per week.

If you’re only trying to get 6 figures, so $100,000 per year, then you only need to sell 2 programs of 5 sessions each week.

Does 2 sales per week seem a lot more achievable?

Great, then let’s keep going.

On social media, you only need to get around 20 people per week to show an interest, to easily get 10% of them to convert.

But you need to think from your clients perspective.

Watch this video to see what I mean.



Now hopefully I’ve convinced you of 2 things.

1. You need to sell packages of at least $1,000 value
2. You need to think from your clients perspective, not yours.

Thirdly though, you need to give yourself enough time to succeed.

Check out the explanation of Module 2 from our Social Media Mastery Online Course.



What did you notice?

Too many people ask us questions like, “I have an event coming up tomorrow. Can you help me to get 30 people into the room?”

The answer is always no.

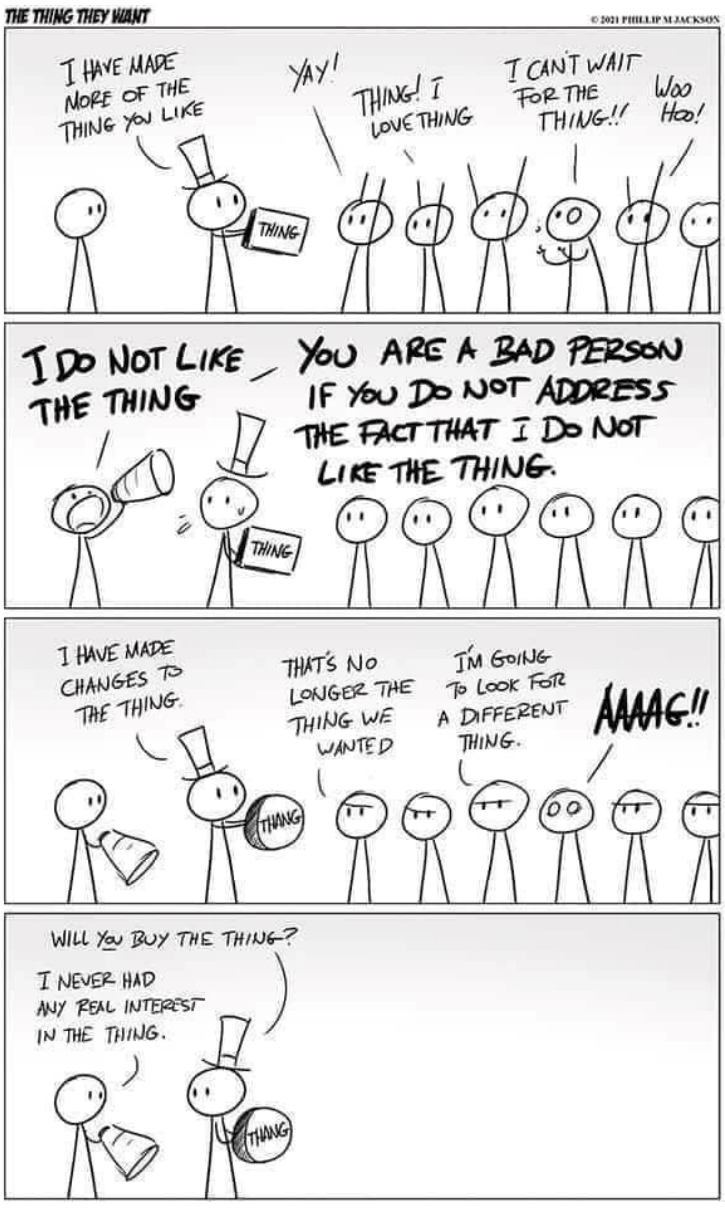
You need to start marketing 45 days before you need the money. If you keep posting on social media for 45 days, then you won’t have a cashflow problem.

Cashflow problems happen when people are reactive, vs planning in advance.

If you plan out your business, working on the business instead of having those ‘Adult Tantrums’, then you’ll keep following the plan and never run out of money.

People run out of money when they react to their environment.

People give crazy discounts just to pay bills, they borrow money that they can’t pay back with high interest. They spend like a drunken sailor when the times are good and act surprised when the money seems to stop rolling in.



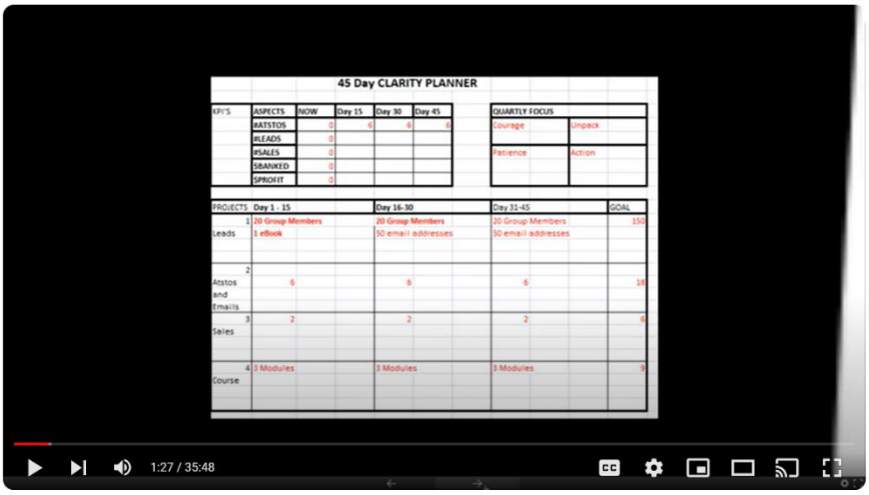
People stop advertising on social media because they worry that they’ll be bothering people. Yes, you’re probably bothering somebody, but those people were never your fan and were never your customer.

Follow this rule:

Go where you’re celebrated, not where you’re tolerated.

Does this all make sense now?

Use a spreadsheet if you need to.



Watch this example of how you can plan out your cashflow in a predictable manner.

Let's recap the 3 rules.

1. You need to sell packages of at least $1,000 value
2. You need to think from your clients perspective, not yours.
3. Give yourself enough time to succeed.

Basically, we're saying this: It's easier to solve other people's problems than it is to solve your own problems. So you may as well create a business out of solving other people's problems.

You don't double your money by folding it in half. (I know, that's a bad joke).

Now that most of my income comes from government funded clients, I get to do things a little differently, but for people who are still wanting to solve their cashflow problems, it's just a paint by number equation.

Just do a little bit each day. And have fun doing it.

Tool 8: The Brain wants to solve puzzles

The ultimate Re-Frame is “This isn’t a problem, it’s a puzzle.”, because the brain is literally addicted to solving puzzles.

Your clients love puzzles too. Remember this, because it’s the number 3 job that your brain has after staying alive and the desire to watch the Batchelor.

You can use this phenomenon in your marketing to keep people chasing you.

You can even use it in your day to keep your brain having fun with the problems that it gets to solve.

It’s rarely a resource problem that people are struggling with. Even though in the so called 3-D world, Money, Health and Relationship problems sound a lot like, “I’m broke and the bills are due by Friday”, “I’m falling asleep at my desk and the thought of doing my tax puts me to sleep.”, and “There’s no good people left in the dating market.”

All of that is Reactive in the 3-D world.

But when you unpick the knot from the outside and enjoy the fun of solving the puzzle, then you’ll literally stop experiencing anxiety. Life is either a Comedy or a Tragedy. I prefer comedy.

My Closing Story
(of being wrong again)

I've recently found happiness in working only 4-5 hours per week in the last 2 years.

It sounds like a dream come true, but it happened by accident.

I now charge $500 per hour and only work 4 to 5 hours per week. Half the year I seem to earn $2,000 to $3000 per week, and the other half it's more like $7,000 per week (but for increased hours)

I tried other things and failed at it.

I tried. I really did. We even did a $75,000 month in sales (not banked.) I tried working with a business partner to grow to a million dollar per year business, but a few things derailed us.

Our first attempt at seminars was up and running perfectly by the end of 2019. And then months later we did years of lock down and had to find another option.

Our second attempt, through zoom, we found that it was harder to push clients to do steps than we had thought, and felt it hard to charge people high ticket when students (mostly) weren't doing the work. People work at their own pace.

These days, I couldn't think of anything worse than coaching groups of students full time. It just doesn't suit my personality.

I was wrong about what I wanted, and that's a good thing. But I wasn't wrong to try. Just try not to get stuck for too long.

Watch the Free Training

Do you need

Government Funded Clients?



Government Funded Clients

How to Earn $5,000 per week from the NDIS as an Hypnotherapist

Watch the Training