

Career Advancement Learning to Set and Achieve Goals Through Hypnosis

Everyone dreams. Some people dream of love; some dream of wealth; some dream of success. But very few learn how to turn dreams into reality. One of the reasons for this is something which has recently been identified as the “Playpen Syndrome”. The playpen syndrome is like a bureaucracy. It’s propagated by people and agencies who want to avoid being bothered by ambition, creativity, new ideas or progress. It stifles individuality, and prevents the achievement of goals. Fortunately, hypnotherapy can help leave the playpen behind.

The Playpen Syndrome begins when children learn from parents, teachers, or other authority figures that they will only be liked if they do as they are told; if they create problems, they won’t be liked. Parents don’t intentionally create this attitude, but they often place their children in safe and out of the way areas. The young impressionable mind gets the idea that they will be liked and taken care of, as long as they don’t cause any problems.

This, unfortunately, stifles creativity and sends a message to the subconscious mind that keeping the status quo is the same as being liked and should be the goal of their life. They do not learn to explore, take small risks, or find solutions to the challenges of their environment.

The message is reinforced as they grow up. They participate in sports activities and continue to play on teams regardless of their skill level, and without any real motivation to improve their skills. Later they work in an environment that will secure their job, with benefits, regardless of their skill level or the quality of their work. All their lives they are cared for by someone else, and never take the initiative to take control of their lives and make their dreams come true.

Hypnotherapy, can help anyone develop the tools they need to achieve their dreams, and free themselves from the Playpen Syndrome. The program focuses on Goal Setting and Achievement, and may also include attitude, confidence, and motivation.

Effective goal setting requires both a sense of completion, and reward. The major problem most people have with goals is that they only set the long term “accomplishment goals”. They don’t look at the steps they need to achieve that goal. So they fail to see any reward, even when they make progress.

Activity goals are just as important as accomplishment goals. Activity goals are the steps by which we reach our accomplishment goals. A student, for example wants to become an engineer; that is their accomplishment goal. One at a time, they must attend each class, write each essay, and pass each exam. These are their activity goals. Once completed, each activity goal provides an essential sense of accomplishment and the motivation to continue.

Motivation and attitude are just as essential as proper goal setting. You must have a strong desire to achieve your goals. You must have the confidence to know that you can succeed. Hypnotherapy can help you to find these things within yourself.



Submitted by:
Michael G. Holt, Ph.D., CHt-I, NC
Contact Information:
Telephone: (661) 286-2179
Book an Appointment: (661) 298-8008
Website: www.docmagi.com