

030: Shape Your Future with Hypnosis and Handwriting Analysis

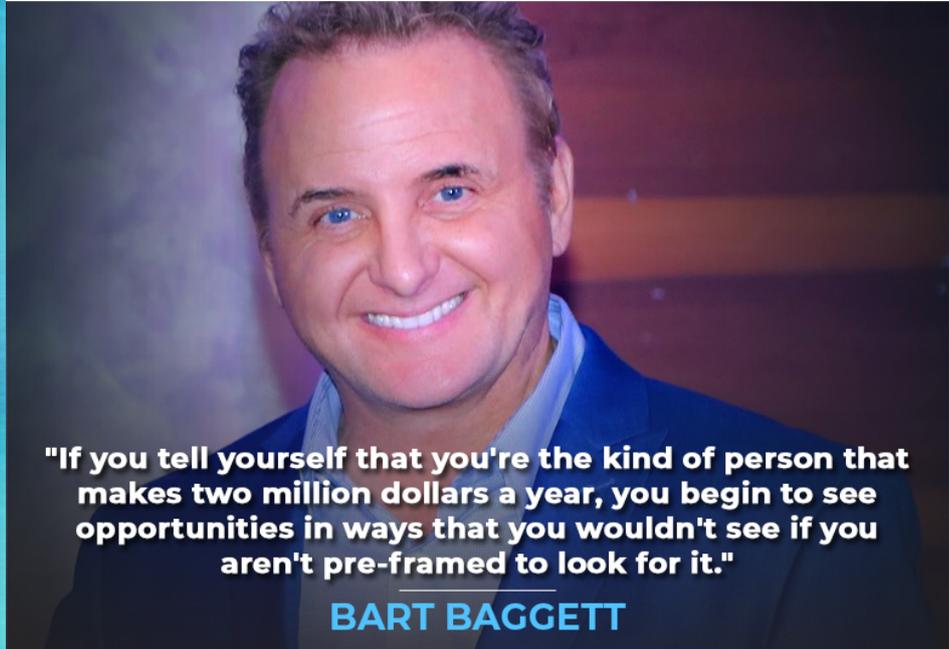
10 Point Checklist

Bart Baggett

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A portrait of Bart Baggett, a man with short brown hair, smiling and wearing a dark suit jacket over a light blue shirt. The background is a blurred indoor setting.

"If you tell yourself that you're the kind of person that makes two million dollars a year, you begin to see opportunities in ways that you wouldn't see if you aren't pre-framed to look for it."

BART BAGGETT

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Rephrase your goals to create more possibility of getting what you want-if you want to gain 15 pounds of muscle, you could say “How much fun is it going to be to build muscle?”
- Create a 30-60 minute recording of yourself using hypnosis techniques and affirmations, set to baroque music.
- Get Bart’s free gift at BartBaggett.com/geek. It’s a one hour class that is useful to go through if you’re struggling with money, love, or your values-it makes it easy to create change.
- Use timeline therapy to create positive feelings around a hurtful past, re-write your experiences by thinking about that moment and finding the good in it.
- Does your current path match your values? For hypnosis to work, you first need to decide what is most important for you to achieve at this time.
- Analyze your own handwriting at Bart’s free website handwritingwizard.com to get some insight on your personality and values.
- Meet with a professional hypnotherapist if you don’t feel that self-meditation can get you into a relaxed or open state.
- Read Bart’s book The Magic Question to learn how to begin to looking for new opportunities that would generally be outside of your comfort zone.
- If you are hiring employees, consider using handwriting analysis with written applications to determine your applicant’s values and personalities.
- Remember to give yourself permission to be open. Whether you are using self hypnosis or guided hypnotherapy, the ultimate decision to accept the information is up to you.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/shape-your-future-with-hypnosis-and-handwriting-analysis-bart-baggett/>