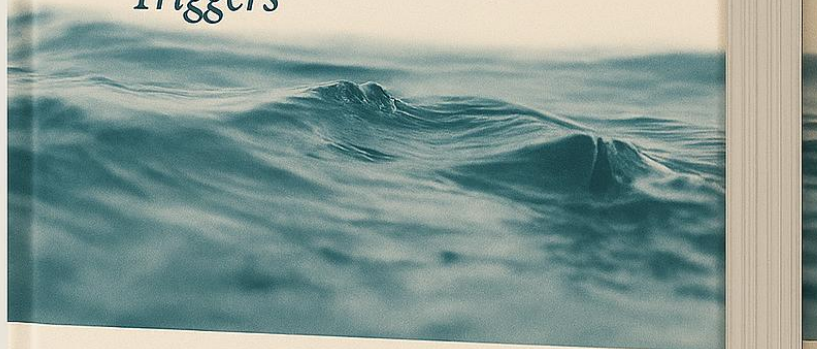


CHANGE YOUR MIND, CHANGE YOUR LIFE

*9 Breakthrough Mindset
Shifts to Overcome Anxiety,
Bad Habits & Emotional
Triggers*



LEIGH KUBIN
MCLC, CHt

You're Not Broken, You're Misaligned

If you downloaded this because something resonated — maybe you're feeling stuck, anxious, or caught in patterns that don't make sense — you're in the right place.

You've read the books.

You've been to therapy.

You've said the affirmations.

You've done the work.

So why do you still feel stuck?

Maybe you're anxious, overwhelmed, or burned out — even though, on paper, life looks “fine.”

Maybe you're repeating patterns you thought you'd outgrown — but somehow, they keep showing up.

Let me say this clearly:

You're not broken.

You're not failing.

You're just misaligned — still running subconscious patterns you didn't choose.

This guide is here to help you shift:

→ *From force... to flow*

→ *From willpower... to wholeness*

→ *From just “managing” your life... to finally living it*

That's what hypnotherapy unlocks.

And that's what we're about to explore — together.

“I was skeptical at first, but Leigh's gentle, understanding approach put me at ease. She helped me uncover the root of my self-doubt and anxiety — and I now feel more empowered than ever.”

— Rebecca L.

Let's Bust the Biggest Myth About Hypnotherapy

When most people hear “*hypnotherapy*,” they think:

Stage tricks.

Mind control.

Clucking like a chicken.

Here's the truth:

✗ It's not about losing control.

✓ It's about gaining *access*.

Hypnotherapy gently bypasses the overthinking part of your mind (your **conscious**) and connects with the deeper part that drives **95% of your behavior** — your **subconscious**.

You stay fully aware.

You stay in control.

But for once, you're having a conversation with the part of you that actually *creates change*.

 **Hypnotherapy helps you release emotional baggage** — not by reliving your trauma, but by safely accessing the patterns underneath it.

It's not about revisiting old pain.

It's about **rewiring the story** you tell yourself about who you are.

This isn't magic.

It's **neuroscience** — and one of the most powerful tools for:

- Releasing emotional baggage
- Rewiring old patterns
- Anchoring new beliefs
- Activating your identity as the empowered, aligned, calm version of you

If you've ever said, “*I know what to do... I just don't do it,*” that's your **subconscious** running the show.

Hypnotherapy is the key to shifting that.

What Makes This Different from Everything Else You've Tried

So many clients come to me saying the same thing:

"I've done the work. I'm strong. But I'm still stuck."

They've read the books.

They've done the therapy.

They've journaled, meditated, affirmed.

But here's why nothing seems to shift:

Most methods focus on the symptoms — not the source.

As a Certified Hypnotherapy Practitioner and Master Life Coach, I help you go deeper:

To the *root* of the behavior.

To the *hidden* belief.

To the *unprocessed* feeling.

And we don't just talk about it —

We **rewrite it** at the level where real change happens: the subconscious.

This isn't about fixing you.

It's about **freeing** you.

Freeing you from perfectionism.

From the constant inner critic.

From the old stories that whisper, *"You'll never change."*

Through this work, my clients:

- Shift faster
- Heal deeper
- Feel lighter
- And step into lives that finally feel **aligned** —
without burnout, without guilt, and without having to do it all alone.

"Leigh helped me release limiting beliefs that were holding me back professionally and personally. She created a space that felt safe and empowering."

— **Michael R.**

The Shift Begins Here

You've already started.

By opening this guide, by getting curious, by recognizing there's more available to you — you've taken the first step.

Now it's time to go deeper.

What if the patterns holding you back aren't personal failings... but outdated programming?

What if you're not broken — just misaligned?

And what if the path forward isn't about trying harder... but learning to align with your inner truth?

The 9 mindset shifts ahead are more than ideas — they're invitations.

To pause.

To reflect.

To reconnect.

Each shift is designed to help you release what's not yours, return to what *is*, and move forward with clarity and calm.

Let them meet you where you are.

You don't need to do them all today.

You just need to start.

Because every lasting transformation begins with one thing:

 A single shift in perspective.

These shifts are here to help you reconnect with your calm, your clarity, and the empowered version of you that's been waiting underneath it all.

This is the kind of work that changes everything — and you don't have to do it alone. If something here resonates, let's talk.

 [Schedule your free 30-minute consultation.](#)

Mindset Shift #1: Awareness Is the Doorway

Real change starts with one thing: seeing clearly.

Most people run on autopilot — repeating the same thoughts, habits, and reactions without realizing it. These patterns aren't who you are. They're just programming.

Awareness is what creates choice.

Why It Matters

Old thoughts like *"I'm not good enough"* or *"I always screw this up"* feel real because they're familiar. But they're not facts — they're just stories your mind has rehearsed.

When you can notice a thought without reacting to it, you reclaim your power.

How Hypnotherapy Helps

Hypnotherapy calms the conscious mind and gives you access to the deeper layers — where these old patterns live.

In that quiet, you begin to understand the why behind your behavior — and gently shift it.

Try This

Pause once today and ask:

- What am I thinking right now?
- Is this helpful?
- Is it true?

Just notice — with compassion. That's awareness. That's the first shift.

💡 **Mindset Shift #2: Releasing the Old Story**

You are not your past — but your mind might still be living there.

Old stories like *“I’m not enough,” “I always fail,”* or *“I can’t trust people”* often start as protection. But if you’re reading this, you’ve outgrown those beliefs — and it’s time to let them go.

🧠 **Why It Matters**

The subconscious clings to what’s familiar — even when it hurts. These outdated stories repeat until you consciously choose to rewrite them.

Freedom begins when you realize:

That story isn’t serving me anymore.

🌱 **How Hypnotherapy Helps**

In a calm, focused state, hypnotherapy helps you:

- Locate the root of old beliefs
- Detach from emotional charge
- Replace them with new, supportive truths

Letting go isn’t forgetting — it’s becoming.

🌀 **Try This**

When an old thought arises, gently say:

“That’s my old story. But I’m writing a new one now.”

Then breathe... and decide how your next chapter begins.

Mindset Shift #3: Feeling Is the Secret

You can't just think your way into change — you have to feel it.

Most people try to *force* transformation with logic. But true alignment happens when your emotions and identity match the outcome you desire.

Why It Matters

The subconscious is driven by emotion, not intellect. When you align emotionally with peace, confidence, or joy — your brain starts rewiring for that reality.

Feeling different is the fast track to being different.

How Hypnotherapy Helps

In hypnosis, we bypass the mental noise and:

- Activate emotions that align with your goals
- Anchor those feelings into your body
- Rehearse becoming the version of you who already feels that way

The more often you feel it, the more natural it becomes.

Try This

Ask yourself:

“What do I want to feel today?”

Then choose *one* small action that supports that feeling — even if it's just a deep breath, a kind word, or stepping outside for sunshine.

Mindset Shift #4: Master Your Emotions Without Suppressing Them

Emotions aren't problems — they're messengers.

Most of us were taught to avoid or control emotions. But healing begins when you stop fearing your feelings and start listening to them with compassion.

Why It Matters

Suppressing emotions doesn't make them go away — it buries them deeper into your body and subconscious. Over time, this leads to anxiety, fatigue, or explosive reactions.

Emotional mastery isn't about control. It's about presence.

How Hypnotherapy Helps

Hypnotherapy creates a calm inner space where you can:

- Gently feel emotions without being overwhelmed
- Understand their root cause
- Rewire your response with clarity and calm

You stop reacting from past pain — and start responding from inner wisdom.

Try This

Next time you feel something strong, pause and ask:

“What is this feeling trying to tell me?” Name it. Breathe through it. Thank it. Then choose your next step with intention.

Mindset Shift #5: Detox Your Inner Dialogue

Your self-talk shapes your self-concept.

If your inner voice constantly criticizes, doubts, or judges — that's not your truth. That's programming. And it can be rewritten.

Your Brain Believes You

The subconscious accepts your words as instructions.

Say “I’m failing,” and it follows.

Say “I’m learning,” and it adapts.

Small shifts in language create massive shifts in identity.

Try this:

“I’m stuck” → “I’m pausing to realign.”

“I always mess up” → “I’m growing through this.”

“I’ll never change” → “Change takes time — and I’m in it.”

Your words aren’t just thoughts. They’re neural blueprints for how you see yourself.

A Practice for Now

Notice one harsh thought today.

Pause. Ask:

“Would I say this to someone I love?”

Then choose a softer truth.

Speak to yourself like someone worth rooting for — because you are.

The more often you practice kindness in your inner world, the more powerfully it shows up in your outer one.

If these mindset shifts are sparking something inside you — trust that. Let’s explore what’s possible together.

 [Book your free consultation.](#)

💡 **Mindset Shift #6: Reclaim Your Power**

You don't need permission to change your life.

The moment you stop waiting to be rescued and start choosing differently — everything shifts. Power isn't about force. It's about ownership.

🗨️ **From Powerless to Empowered**

We give away power without realizing it —

→ Blaming others for our emotions

→ Shrinking to fit expectations

→ Waiting until we feel “ready”

But everything shifts when you say:

“I get to choose how I respond.”

🧠 **Why the Subconscious Resists**

Old programming says: “Play small, stay safe.”

Hypnotherapy helps rewrite that.

In a focused state, you can:

→ Rewire limiting beliefs

→ Reconnect with strength

→ Anchor new truths

🌀 **A Practice for Now**

Pick one area where you've felt stuck.

Ask:

“What story have I been telling?”

Then shift it.

Act from your power — in one small way today.

💡 **Mindset Shift #7: Take Small, Aligned Action**

Clarity comes from action — not overthinking.

You don't need to overhaul your life overnight. One small, intentional step creates the momentum that leads to real change.

⚖️ **Why We Stay Stuck**

The subconscious craves safety — and change feels risky.

Even positive shifts can trigger resistance like:

→ “What if I fail again?”

→ “What if I lose people?”

But you're not lazy — you're protecting yourself.

Now it's time to guide your mind toward progress.

🔄 **Align First, Then Move**

Aligned action means doing what supports your values — not fear, guilt, or people-pleasing.

Ask:

“Would my future self thank me for this?”

Hypnotherapy helps you rehearse success at a subconscious level — so your body, beliefs, and behavior all align.

✅ **A Practice for Now**

Choose one tiny, repeatable action today:

→ Drink a glass of water

→ Say no to one thing

→ Take a 10-minute walk

Then celebrate that shift.

Consistency builds identity. Momentum follows.

💡 Mindset Shift #8: Embody the Identity

You don't become it by striving. You become it by being.

Lasting change happens when you stop trying to fix yourself — and start aligning with the version of you who already feels calm, confident, and whole.

🧠 Identity Drives Behavior

You act according to who you believe you are.

If your subconscious says, “I’m always a mess,” you’ll act like it — even if you want something different.

That’s why habits don’t stick.

Change lasts when your identity shifts.

🌀 How Hypnotherapy Helps

In trance, hypnotherapy connects you to your future self — the one who already lives with clarity and ease.

You rehearse *being* that version of you now.

And your subconscious begins to align with that truth.

👁️ A Practice for Now

Visualize your future self.

Ask:

→ How does she speak?

→ What does she believe?

→ What does she no longer tolerate?

Then act from that energy — even in small ways.

She’s not far off.

She’s already within you.

💡 **Mindset Shift #9: Trust the Process**

Progress isn't always visible. But your work is still working.

After all the shifts, there comes a moment where the most powerful thing you can do is... trust.

🌱 **Growth Isn't Linear**

Transformation rarely looks like a straight line.

Some days feel light. Others feel like setbacks.

That doesn't mean you're off track — it means you're human.

The subconscious rewires in layers.

Give it time to take root.

🌀 **How Hypnotherapy Reinforces Trust**

In hypnotherapy, you create inner experiences of peace, surrender, and support.

You feel safe letting go of control — and allowing life to unfold.

These felt experiences become internal anchors.

Your nervous system calms. Your trust deepens.

💡 **A Practice for Now**

Say this out loud:

"I trust myself. I trust the timing. I don't need all the answers to take the next step."

Then ask:

→ Where can I soften my grip?

→ What would trust look like today?

Let that guide you forward — gently, confidently, and on purpose.

Quick Recap: The 9 Mindset Shifts

Change Your Mind, Change Your Life

Use this as a daily check-in or journaling guide — revisit whenever you feel stuck, misaligned, or in need of a reset.

■ **Awareness is the Doorway**

Notice without judgement. Awareness gives you choice.

■ **Release the Old Story**

Say it: "That's my old story. I'm writing a new one."

■ **Feeling is the Secret**

Ask yourself: "What do I want to feel today?"

■ **Master Emotions Without Suppressing Them**

Feel. Name. Breathe. Ask: "What is this emotion showing me?"

■ **Detox Your Inner Dialogue**

Reframe: "I'm stuck" → "I'm pausing to realign."

■ **Reclaim Your Power**

Say it: "I get to choose how I respond."

■ **Small, Aligned Action**

Do this today: Take one tiny step your future self would thank you for.

■ **Embody the Identity**

Ask: "What does my future self believe — and how can I embody that now?"

■ **Trust the Process**

Affirm: "I trust myself. I trust my timing. I trust the process."

Reminder: You're not broken. You're realigning.

Use this guide as your quiet revolution — one small shift at a time.

Have questions? Ready to reclaim your power and finally live in alignment with your true self? Contact Leigh today.

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Your Next Step: Start Your Quiet Inner Revolution

You don't need more pressure.

You need more presence.

And support that actually meets you where you are.

If something in this guide stirred something within you —
a moment of recognition, relief, or quiet “yes”...

That's not random. That's alignment.

The patterns you're ready to shift didn't form overnight.

They were inherited, rehearsed, and reinforced.

But they can be rewritten — with support.

You've already started the shift.

Now imagine what might open up when you stop doing it all alone.

Book a Free 30-Minute Consultation with Leigh

This is a relaxed, private space to explore what's been holding you back — and what's possible when you reconnect with your calm, confident, aligned self.

Together, we'll look at where you are, where you want to be, and how hypnotherapy can help close the gap — gently, powerfully, and on your terms.

 [Book your free 30-minute consultation](#)

✨ BONUS AUDIO GIFT

Your Personalized Shift Starts Here

You've just explored 9 powerful mindset shifts — now let's help you embody them.

Because real change doesn't just happen in your thoughts. It happens in your **nervous system**, your **emotions**, and in the quiet choices you make each day.

To support that deeper integration, I've created a set of short, guided hypnotherapy audios — each one designed to meet you right where you are.

Whether you're feeling stuck, overwhelmed, or simply ready to feel more grounded and aligned...
there's an audio for that.

🎧 Choose the One That Speaks to You:

- Anxiety & Stress Relief
- Confidence & Self-Esteem
- Abundance & Money Mindset
- Relationships & Love
- Weight Loss & Emotional Eating
- Chronic Pain & Health Issues
- Habits & Addictions
- Sleep Problems
- Menopause & Hormonal Shifts
- Purpose & Spiritual Alignment

Just choose your shift, and I'll send the session that fits your next step best.

👉 [Click here to choose your shift & receive your personalized audio](#)

No pressure. No strings. Just a quiet invitation to reconnect, realign, and experience a small but powerful shift — on your terms.

About Leigh Kubin

Leigh Kubin, MCLC, CHt

Master Life Coach & Certified Hypnotherapy Practitioner

With over 14 years of experience helping people break subconscious blocks, release emotional patterns, and return to wholeness — Leigh combines intuitive coaching, neuroscience-backed techniques, and powerful hypnotherapy to help you create deep, lasting change.

Her clients often come to her feeling stuck, overwhelmed, or out of alignment. They leave feeling clear, grounded, and empowered — not just coping, but finally *living* from a place of truth.

"I came to Leigh because of my struggles with weight loss — but what I discovered was so much deeper.

Through her hypnotherapy sessions, I uncovered how food, stress, and self-worth were all connected.

I now feel stronger, lighter, and more at peace. Leigh's support has made all the difference."

— Catherine M.

You're Ready.

You didn't choose your subconscious programming.

But you can choose to rewrite it.

And you don't have to do it alone.

— Leigh

Let's Begin

Click below to book your free 30-minute consultation with Leigh.

No pressure. Just a powerful first step toward the calm, clarity, and confidence you deserve.

 [Schedule your free 30-minute consultation](#)

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