

SEND THE FIRST MESSAGE

THE MESSAGE I HAVE BEEN AVOIDING

A five-minute preparation sheet to complete before the hypnosis session.

You already know who you should be speaking to. Someone commented, replied, joined, attended, downloaded, or asked. The signal was there. You saw it. And then you did not message them.

This sheet is not about finding new leads or building a strategy. It is about choosing one person and preparing one short message, so that when the audio finishes there is nothing left to decide.

HOW TO USE THIS SHEET

Complete it in one sitting, in under five minutes. Write short answers. Do not research the person. Do not redraft. If you find yourself thinking for more than a minute about any question, write whatever is closest to true and move on. **Thinking is not the missing piece here. Sending is.**

SECTION 1: CHOOSE THE PERSON

Pick one person. Not a list. Not a category. One name.

Who is the one person you know you should message?

Name: _____

Where you will message them: _____

SECTION 2: IDENTIFY THE WARM SIGNAL

This is not random contact. Something happened that makes reaching out relevant and appropriate.

What did they do that makes this a warm and relevant contact?

When it happened (roughly): _____

SECTION 3: NAME THE RESISTANCE

Say it plainly. Naming it takes the pressure out of it.

What are you afraid they will think, and what are you afraid will happen?

How strong is your resistance right now? Circle one.

1

2

3

4

5

6

7

8

9

10

1 means barely noticeable.

10 means you would rather do almost anything else.

SECTION 4: SEPARATE FACTS FROM IMAGINED MEANING

Most hesitation comes from the story, not the situation.

What are the facts?

Only what actually happened. What they did, where, and when.

What story are you adding to those facts?

How could a respectful message serve them?

SECTION 5: DRAFT THE OPENING MESSAGE

Keep it brief. Reference the actual engagement. Ask one natural question. No offer, no link, no pitch. If you would rather not write from scratch, take an opening from Choose Your First Message and adjust it lightly.

Which opening message will you send?

Word count check: is it under 50 words? Yes / No

If no, cut it down before you go any further.

SECTION 6: MAKE THE COMMITMENT

Will you send the message immediately after the audio?

☐ Yes. I will send this message to this person as soon as I am fully alert after the session.

Signed: _____ Date: _____

AFTER THE SESSION

Complete this part only once you are fully awake, clear, and alert.

☐ Message sent. Time sent: _____

Resistance now,
1 to 10:

One line only. What do you notice now that it is done?

Stop there. Close the app. Get on with your day.

One person. One message. One completed action.