

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Date]

Dear [Your Name / Recipient's Name],

I am writing this letter as a commitment to myself and my well-being. Through the practice of hypnosis, I acknowledge my ability to create positive changes in my life.

I affirm:

1. I am capable of achieving my goals and dreams.
  2. I am worthy of love, happiness, and success.
  3. I release all fears and doubts that hold me back.
  4. I attract positive energy and opportunities into my life.
  5. I am in control of my mind and emotions; I choose peace and clarity.
- Each day, I visualize my goals coming to fruition, and I believe in the power of my subconscious mind to guide me toward them. I embrace this journey of growth and transformation.

With every breath, I deepen my relaxation and heighten my focus. I trust in my ability to manifest the life I desire.

Thank you, [Your Name], for believing in yourself and your potential.

Sincerely,  
[Your Name]  
[Signature]