

Cheerleading – Needing a Confidence Boost

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Cheerleading is a confidence game – you need lots of it to do what they do. This hypnosis script is for cheeleaders who are really good at what they do but have noticed that they are starting to doubt their abilities as a cheerleader. It may have been derisive comments by friends, a team member, or just someone in the crowd. Whoever did it, it hit home. Doubt has set it in. This script will correct the problem and they can once again be loud and proud.

(Script)

. . . you have chosen to be involved in the sport of cheerleading . . . the sport is athletic by nature and you are a cheerleader by choice . . . you have front row seats to every game . . . you are loud and proud and you always cheer the crowd . . . you have much to be proud of . . . cheerleaders make a difference . . . the teams in the game either win or lose, but the cheerleaders are always winners.

You are an athlete who can jump, kick, toss, catch, stunt, tumble and fly. You risk all for the perfect stunt. Your desire for success is far greater than any fear of failure. You can only imagine success. Take time now to picture in your mind all the thousands upon thousands of actions, both big and small, some right, some wrong, that have lead you along the path to being a cheerleader . . . all the many people involved . . . all the practice . . . the coaching sessions . . . all the team members, now your friends . . all the exercises and workouts . . . all the games. . . You were there . . . you came through . . . you have what it takes. Hear, see, and feel the crowd roar as they cheer the cheerleader that is you. That's right . . . take your time . . . visualize it all . . . They love you . . . you sparkle . . . you captivate the audience.

Your thoughts about cheerleading are always positive. You have the character, the ability, the dedication, the bravery, the stamina, you have done the hard work . . . the hard yards . . . and you love the team work. You are a cheerleader by nature . . . you cheer loud . . . you cheer proud . . . you keep the cheer in cheerleader.

In the moments before each game you will always imagine yourself being who you need to be to be the perfect cheerleader . . . you will see it in your mind . . . you will always take some quiet time to do this. You practice in your mind. You walk through your routines in your head . . . you become focused . . . you are prepared to perform . . . the final practice is always successfully performed in your mind. What is right in your mind is right in your life . . . for this is the way of all great cheerleaders. You are a great cheerleader.

Two minutes and thirty seconds . . . two minutes and thirty seconds of pure showmanship for you. Your skill, your proper technique and brave execution . . . your

kicks, always high and graceful . . . your movements . . . always on count and strong, clean and sharp . . . your routines, always performed with poise, grace and confidence . . . cleanly and precisely . . . all done by you . . . over and over . . . perfectly. Always . . . first in your mind and then in reality . . . they are the same, whether real or imagined . . . for you, perfect both ways.

You cheer loud, you cheer proud.