

Milton Erickson Style

365 Daily Suggestion Cards

Preview Sample

Discover the power of subtle transformation with this 365-card digital deck inspired by the language patterns of Milton Erickson.

Each suggestion is crafted using metaphor, reframing, paradox, and gentle subconscious prompts to support:

- Healing and wellbeing
- Inner peace and clarity
- Confidence, creativity, and calm
- Purpose, enthusiasm, and financial freedom

Use these cards for personal reflection or share them professionally in therapeutic or coaching sessions.

Card 1: Sometimes your mind relaxes even when you think it isn't relaxing at all, and that quietness becomes easier the moment you stop trying to notice it.

Card 2: There are people who heal by trying very hard, and there are people who heal by trying less, and you may be surprised to discover which group you now belong to.

Card 3: You can feel calmer by remembering a time you were calm, or even by accidentally stumbling into calmness while looking for something entirely different.

How to Use This Deck:

- Draw one card per day and reflect on the suggestion
- Use in therapy or coaching to prompt discussion
- Copy a card into your journal or meditation practice
- Print selected cards for use in sessions or workshops

This is a digital product. You will receive:

- PDF deck (printable)
- CSV version (editable, import into Canva or Trello)
- Professional usage rights (see licence)