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**Lesson 8**

**HOMEWORK**

 Use the blank sheet provided for this exercise:

**Reinforcement and Encouragement**

**Personal Problem Situation**

1. Choose a personal situation in which you would like to make a change or experience improvement.

**Write one or two positive suggestion(s) that meet the criteria for an effective suggestion:**

* Positive
* Simple
* Believable
* Measurable
* In the Present Tense
* With an Emotional Reward
1. **Write your own simple script to reinforce your goal.**
2. **Use the Reinforcement Script on the opposite side** and insert your script in the square indicated.
3. **Now, record your reinforcement script into the voice memo of your smart phone.** The induction is provided; just add your personal script for reinforcement and conclude with the suggestions at the bottom of the page for calm, relaxation, and control.

**Now, besides practice, you have an audio you can listen to**

**for personal reinforcement of the goal you wish to achieve.**

1. Send me a link to the recording you made for yourself or provide your written script.