



## 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.

**With that in mind, write two or three positive suggestion(s) that meet the criteria for an effective suggestion:**

- Positive
- Simple
- Believable
- Measurable
- In the Present Tense
- With an Emotional Reward

2) **On Page 51, write those suggestions, your own simple script, to reinforce your goal.**

3) **Go to Page 52 and use the Reinforcement Script.** Insert your script in the square indicated.

4) **Now, record the complete reinforcement script into the voice memo of your smart phone.** When you record, leave plenty of time (without voice) to absorb and imagine these suggestions are truly who you are. 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.**

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