

# **SELF-HYPNOSIS**

## **HOW TO MAKE SUGGESTIONS**

### **THE SIX CRITERIA FOR POSITIVE ACTION SUGGESTIONS:**

1. Must be positive in tone
2. Simple - - stated in sentence form
3. Believable – You must believe so you don't get any negative back talk from yourself.
4. Measurable
5. Stated in the present tense – Not “ I will” as this puts it in the future
6. Must have a reward – How does it make you feel? Or, what is your benefit?

#### **EXAMPLE:**

Everyday at 7 am I ride my bike for 20 minutes and feel healthy and strong.

OR:

I eat small meals 3 times a day and maintain my ideal weight.