



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

164 - Better Study Habits

Student Number: _____

Name: (Please Print) _____ Date: _____

Rewrite these direct suggestions in inferences. Many of the suggestions are almost the same. How many times can you come up with inferences that are a bit different from each other? This is not a test. This is to play with and see what you can do with it. When you have finished, email your homework to us.

1. You are opening your book to study and you are ready to begin. There are distractions around you but you ignore them. You focus completely on your studies.

2. You shut out all the noise and distractions, thinking only of the material you are going to study. You are will become more and more alert as you study. The material flows into your mind for later recall.



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3. Whenever you sit down to study you think focus and you become very focused on your study materials.

4. You have an excellent memory and it is easy for you to concentrate. You remember everything you study and when you need the information, it flows back to you and you have it.

5. You retain, understand, and remember everything you study and learn. Whenever you need that information it flows back to you.

6. You absorb everything you study as a sponge absorbs water and you remember everything of value.



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7. You love to learn and expand your mind. When your instructor talks you listen with focus and attention. You understand everything your instructor says and the way in which he says it. The words you hear and read flows into your mind. You remember everything you hear and read.

8. You turn off your phone when you study. You ignore all distraction and therefore you will accomplish more in less time. Distractions will no longer concern you.

9. You are very confident and you believe in your ability to accomplish anything you desire. You have a bright, inquiring mind and you love to learn new things. Whenever you sit down to study, you pay complete attention to the subject at hand.

10. All nervousness and apprehension disappear completely. No matter how difficult the questions may seem at first sight or how little you think you know, you will be very confident and answers to the questions flow to you. You remember all you have studied and learned



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on the subject. The information is already there in your mind and you already know the answers.

11. You formulate a goal in your mind and you concentrate your mind so that everything in your life points towards this goal. Every action takes you closer to your goal.

12. Be patient. Relax and think your restful alert key word. Find the perfect place to study. When you open your books, the information flows into your mind and you remember everything you study. You are very confident that the information you have studied will flow back to you when you need it.

13. You always ask the proper questions and you find it is easy to absorb and comprehend everything of value. You have a bright, inquiring mind and you love to learn new information.



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14. You give your studies 100% attention with enthusiasm.

15. You have a bright inquiring mind, you love to study and learn.

16. Things that were difficult for you are now easy for you.

17. When you have studies or projects to complete, you do it promptly and decisively.



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18. You love that feeling of accomplishment when you have finished your studies.

(Send the completed form to info@anhi.com)

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