

# A Baker's Dozen Direct Suggestions Template Generator

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1. When our session is done today, the first thing you will do is \_\_\_\_\_, even before you leave here today. You will use it to \_\_\_\_\_.
2. Any time you are \_\_\_\_\_, your new pattern will be to \_\_\_\_\_.
3. \_\_\_\_\_ is now a meditation for you, where you will mindfully enjoy \_\_\_\_\_.
4. It will be intuitive to listen to your body, knowing exactly \_\_\_\_\_, and finding it easy to \_\_\_\_\_ when your body has told you \_\_\_\_\_.
5. See yourself now as you know you will be: a week from now, or ten days from now \_\_\_\_\_ . And a month from now, \_\_\_\_\_ . And even a year from now, \_\_\_\_\_, knowing that what the mind can conceive, the body can achieve.
6. Notice how relaxed you feel right now. When entering \_\_\_\_\_, stop and pause before you \_\_\_\_\_. Take in a breath, and with the eyes either open or closed, bring yourself back to this calm, relaxed state you created right here right now.
7. When \_\_\_\_\_, should you notice a \_\_\_\_\_, or a knot in your back, or clenched teeth, simply scan your entire body for tension, breathe, and relax any muscles that need to be relaxed, moving forward calmly and easily.
8. We know that each \_\_\_\_\_ success brings us a greater level of \_\_\_\_\_ success, and so even if your motivation is only the increased rewards of \_\_\_\_\_, continue forward, because \_\_\_\_\_ is the result.

9. Rather than saying to yourself “This is not something I \_\_\_\_\_, or something I cannot do,” use a daily affirmation in times of stress, such as: “I am mastering \_\_\_\_\_, I am mastering \_\_\_\_\_, I am mastering new things.” And challenge yourself for success.
  
10. We know of course that it is never too late to succeed. Wayne Dyer had never written a book at age 55, Colonel Sanders was living in his car at age 55, and Grandma Moses hadn’t painted a painting until she was 78 years old. So set aside any thought in your mind that it is too late to succeed, and embrace the ability to \_\_\_\_\_.
  
11. When Napoleon Hill wrote the book “Think and Grow Rich,” he created a classic which has been the blueprint for many others. And so, by using your power of your mind to think and \_\_\_\_\_, we know the outcome will be the same for you as well.
  
12. The Law of Vibration tells us that everything is in motion, that thought is energy, and that where my thoughts go is where the energy flows. And so I will think thoughts that move me in the direction I wish to go.
  
13. No longer being fearful of risk, be willing to take action on your ideas, recognizing that there is no such thing as failure, only feedback, and that each \_\_\_\_\_ produces rewards, either in \_\_\_\_\_ or in \_\_\_\_\_. Both lead to \_\_\_\_\_.