

## **ABT Mod 01.10 – Frequently Asked Questions**

Here are some of the most frequently asked questions we get . . .

**Can I do two goals at once? For example, can I do an income goal and a weight goal?**

My teacher never addressed this issue, but we have many people testing this right now. So far it's too soon to tell if it works across the board, but at the very least people have seen success with either one goal or the other. Please search the archives of the Train Your Brain Users Facebook Group at <http://www.facebook.com/groups/trainyourbrainusers> for more information.

**Can I specify that my income goal is what I expect from my home business? For example, can I write my sentence, “My monthly (yearly) income from my home business is \$\_\_\_\_\_.”**

Yes.

**Should I write a new contract and set a new goal after I've achieved my goal for one month or should I wait until I've achieved it for multiple months in a row?**

It's up to you.

I'm the type of person that even now, each time I achieve my new goal that I've listed in my journal, I think to myself, “maybe it was a fluke and maybe it's not a permanent change.” It always takes me a couple of months at the new income level to “believe” it's happened for “real.” If that sounds like you, then wait until you've maintained the new income level for a couple of months before writing your new contract.

However, if that doesn't sound like you, just go ahead and jump into the new contract after one month of attaining your goal.

The important thing is that whenever you attain your desired income goal that you set a new goal, rewrite a new contract, and KEEP doing the journal. This is very important! Keep writing in the journal every night.

**It's seems taking a long time to reach my goal. I've been doing it for a month already and I haven't reached my goal. How long does it take?**

The first time I tried the journal it took ONE YEAR to reach my first income goal. Can you imagine? One year! Of course I wanted it to happen faster, but I was committed to the process. I was committed to the exercise as an experiment and I knew I was getting other benefits from doing the journal.

To be completely candid, that's the longest I've heard of it taking ... even from the participants in my hypnotherapy class. Why did it take so long for me? I'm not sure. Maybe it was resistance on my part. Who knows really?

Since then, my goals have happened much faster and we've had lots of our followers attain their first goals very quickly.

I think the important part is to be committed to the process and to KNOW it's going to work at some point. It will work and so knowing that, it's easier to just do the exercise religiously and let it happen.

### **Can I do it in the morning instead of at night?**

The idea is that we are putting information in our minds just before we go to sleep and so the only reason you would ever do it in the morning is if you work the night shift and your "sleeping" time is the morning.

### **Can I type instead of handwriting?**

My teacher was very adamant that the ideomotor response has to be handwriting. I'm not completely convinced of this myself, but I haven't tested typing and am deferring to his experience and judgement.

### **Can I do my journal electronically?**

If you are using an app where you are able to use the experience of handwriting instead of typing, then you can keep an electronic journal.

