



Suggestions for Accelerated Learning

Every day in every way my ability to learn increases exponentially. I now easily absorb the information that I intend to learn. My mind is clear, precise and focused in the moment. I enjoy learning and find it easy and fun. My memory is getting better and better every day. I now easily absorb, retain and recall information. My ability to learn is now being accelerated in profound ways. I now know whatever I need to know whenever I need to know it. I am intelligent and fully capable of learning anything I put my mind to. I enjoy all forms of learning and find learning natural and simple.

Improving Studying and Test Performance

Every day in every way I am getting better at studying and taking tests. I now find my times of studying more enjoyable and fulfilling. I enjoy learning and remembering information. I find taking tests easy, natural and simple. I am confident in my abilities to learn and recall information. I am calm and relaxed in all test-taking environments. My memory is clear, sharp and easily accessible. When studying, my mind is clear and focused in the present moment. When taking a test, all that I have studied pours out easily. I now enjoy taking tests and studying for them.

Improving Memory

Every day in every way, my memory is getting better and better. I now find it easy to absorb and recall information. My mind now remains more clear, focused and present. I easily recall short-term and long-term memories. My memory banks are fully functional and easily accessible. I easily remember names, dates, places and appointments. I now know whatever I need to know whenever I need to know it. My memory just keeps getting better and better.

Discipline and Follow Through

I now do what I need to do to succeed. Every day in every way, I am feeling more mastery over my actions. When I want to do something, I just do it. When I need to do something, I just do it. I now follow through with what I started. I joyfully delay short-term gratification and keep the big vision in mind. I find disciplining myself easy to do because I look forward to the reward. I know what I want and I get it. I find doing what I need to do fun, easy, enjoyable and fulfilling. I now feel more motivated and enthusiastic to get the job done. When I set a goal I always reach my goal.

Self-Confidence

Every day in every way I am feeling more confident and self-assured. My self esteem is growing more and more each day. I feel relaxed, at ease and secure within myself in all situations. I am now free to be open to fully be myself. I see others as my equals and am not inferior or superior to anyone. I now project myself as the dynamic, confident and secure person that I really am. I am secure within myself and secure with who am I. I express myself freely with confidence and high self-esteem. I enjoy the company of others and am relaxed in all social situations. I am fully myself and enjoy being all that I am.