

Deciding How Often to Send Signals

You can set the MotivAider to automatically send you signals as often as you like (from once every few seconds to once a day). By controlling how often the MotivAider sends you signals, you are essentially controlling how *tuned-in* you'll be to the personal message you've associated with the MotivAider's vibration. This allows you to devote the right amount of attention to the change you've decided to make.

It's important to understand that although the MotivAider obviously incorporates a clock/timer, the MotivAider is not designed to remind you to do something at specific times of the day. Its purpose is to keep you sufficiently aware of a chosen goal so that you can take the action required to achieve that goal.

Selecting an initial setting

In choosing how often to send signals, your goal should be to send signals as often as it takes - but no more often than it takes - to get the results you want.

As there's really no sure-fire way to determine in advance how often you'll need signals to get the best possible results, plan to do some experimenting. It's easy to change how often you send signals depending on the results you get.

Here are some rough guidelines that may help you decide how often to send signals:

- Sending signals in the range of every five to thirty minutes seems to work well for most users and most changes.
- The more often you'll actually have to take an action in order to make the change you've decided to make, the more often you should send signals. For example, if your normal *personal idle speed* is extremely high and you're trying to get yourself to "Take it easy," you'll probably need fairly frequent signals to check and slow your pace. If you're using the MotivAider to "Look for opportunities to make new friends," you probably won't need to send signals as often.
- The more automatic it is for you to behave in a way that's out of line with the change you want to make, the more often you should send signals. For example, if you're going to use the MotivAider to rid yourself of a chronic nail-biting habit, you'll probably need frequent signals to keep yourself from doing what you usually do without thinking.
- The more compelled you feel to behave in a way that's out of line with the change you want to make, the more often you'll need signals. For example, if you're apt on your own to be successfully tempted by the food or cigarettes you're trying to avoid, you'll need frequent signals. In fact, getting signals often even during periods when you won't be exposed to temptation, will help fortify and maintain your resistance to temptation.
- When you're starting out, it's better to err on the side of not sending signals often enough than to send them too often.
- If you have no idea how often to send signals, don't sweat it. Just start by sending signals every ten or fifteen minutes.

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Making adjustments

The guidelines above should help you come up with an initial setting that's at least in the ballpark. However, even if you miss the mark by a wide margin, no harm will be done. It's easy to adjust how often you send signals at any time.

- The MotivAider should never be annoying. If it's feeling that way, send signals less often.
- Try sending signals less often if you're not noticing more than a third of the signals.
- Try sending signals more often if you're getting results but not yet satisfied with the results you're getting *and* (1) you're ready and willing to take action whenever you notice the vibration *and* (2) you're noticing the vibration at least two thirds of the time.