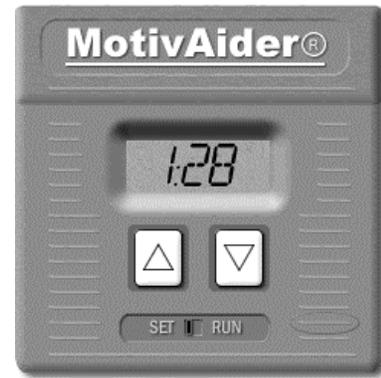


Following Through On Your New Year's Resolutions The MotivAider® Way

Congratulations! You've identified a change that can improve your life. Maybe you've decided to improve your health by eating better, losing weight, exercising, quitting smoking, or drinking more water. Maybe you've decided to increase your personal effectiveness by doing a better job of managing stress, listening to your partner, or being more assertive. Or maybe you've decided to give your career the boost it needs by getting to work on time, staying focused, adopting a Can-Do attitude, finally attacking that pile of work on your desk, or making those cold calls you've been putting off.

Unfortunately, deciding what to change doesn't automatically mean you'll change it. In fact, if you're like most people, even if you start off with a bang, there's a good chance that your resolutions will fizzle out long before the job is done.

The problem is that the human mind lacks a way to keep your resolutions - your good intentions - on *the front burner*. And unless you can *keep* your attention focused on *what* you've decided to change and *why* it's important to change it, there's not much chance that you'll succeed.



Enter the MotivAider. It's a remarkably simple electronic device that looks like a pager and serves as kind of a Guardian Angel for your good intentions. The MotivAider is designed to make your good intentions more effective by making sure that you'll stay actively aware of them. It works automatically and privately to *keep* your attention sharply focused on virtually any good intention you choose.

The MotivAider automatically sends you a private signal – a vibration - as often as you choose. You decide what the signal will mean to you by assigning a personal message to the vibration. Then, you set the MotivAider to send you signals as often as you want. In the same way that a ringing telephone makes you think, “Someone is calling,” every time you feel the MotivAider vibrate, it automatically makes you think your personal message.

Let's say you've decided to improve your posture. First, you'd assign a personal message to the MotivAider's vibration. Your message could be as simple as “Straighten up,” but let's say you choose one that's a bit more motivating, like “I'm no slouch.” Next, you'd set the MotivAider to send you signals as often as you'd like, for example, every ten minutes. Finally, you'd clip the device to your belt or waistband or slip it into a pocket.

Every ten minutes, you'll feel the MotivAider vibrate. And every time you feel the vibration, you'll automatically think, “I'm no slouch.” And thinking, “I'm no slouch,” will prompt you to check and correct your posture. It's as simple as that.

With the MotivAider onboard, you'll experience something you've never experienced before: A good intention that can't possibly get lost in the shuffle! The MotivAider makes good intentions more effective by guaranteeing that virtually any good intention you choose will actually *stay put* on the front burner of your mind.

So, what kind of changes can the MotivAider help you make? The possibilities are endless! Here are just a few examples of actual changes made by MotivAider users:

Improving health, safety and fitness

- Stick with a diet
- Eat slowly
- Quit smoking
- Improve posture
- Drink more water or other fluids
- Practice pain reduction methods
- Reduce teeth grinding and jaw clenching to prevent dental problems and relieve symptoms of TMJ
- Stick with a fitness program
- Relax shoulder muscles to prevent muscle tension
- Use proper bending and lifting techniques to prevent back injury
- Follow through on prescribed medical care
- Drive defensively

Reducing stress, eliminating unwanted habits and boosting self-esteem

- Breathe deeply
- Reduce public speaking anxiety
- Develop positive attitudes
- Fight procrastination
- Stop swearing
- Quit biting finger nails
- Stay tuned to personal priorities

Improving personal image and increasing interpersonal effectiveness

- Act friendlier
- Make frequent eye contact
- Smile more
- Be a better listener
- Act more assertively
- Eliminate unwanted mannerisms
- Parents look for opportunities to praise their kids
- Improving relationships

- Achieving financial goals

At work

- Stay focused at meetings
- Catch others doing things right and praise them
- Use persuasive selling techniques
- Make “cold calls”
- Keep on moving
- Apply learning from workshops and seminars
- Take periodic relaxation breaks
- Improve presentation skills
- Maintain a “follow through mindset”

At play

- Improve a golf swing
- Improve a tennis backhand
- Mentally rehearse basketball free throws
- Improve concentration during athletic practices
- Use proper breathing techniques when singing

Remember, because the MotivAider was designed to correct for a fundamental flaw in the way the human mind handles good intentions, you can use it to boost the effectiveness of virtually any good intention. So deciding what to change can finally mean actually changing it.

Just follow these simple steps to transform your New Year’s resolutions into life-improving action:

1. Devise a personal message that will remind and urge you to make the change you’ve decided to make.
2. Assign your personal message to the MotivAider’s vibration so that whenever you feel the vibration, you’ll think your message.
3. Set the MotivAider to send you signals - and therefore your personal message – as often as you’d like.
4. Monitor your results and make any needed adjustments. Not only can you adjust how often you receive signals and how your personal message is worded, you can fully customize the MotivAider to suit your needs and preferences by, for example, electronically adjusting how long each vibration signal lasts and how strong the vibration is.
5. Phase out the MotivAider once the change becomes habit.

We guarantee you'll be amazed at how much of a difference the MotivAider makes.

Want to know more about the MotivAider?

[Visit the manufacturer's website](#)

[Download a chapter about the MotivAider from the book *Following Through, A Revolutionary New Model For Finishing Whatever You Start.*](#)

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