

Gateway Hemisync Wave II Threshold 3: One Month Patterning

These are the six patterns that Bob narrates in Wave II Threshold 3.

This is for any time frame - week, month, year, “whenever”, “by [target]”.

Your objective is **short**. Try 3-7 words, at most 1-2 sentences.

Your objective is **affirmative**. “Is”, “am”, “are”. Not “maybe”, “would like”, “hope”.

Your objective is **completed**. Not “I will” but “I have”, “I did”, or “I am”.

“Free beer tomorrow” is never available. “Free beer today” is available now.

Your objective should be *specific* but *undetailed* so that it can develop naturally.

You do not have to listen to Wave II Threshold 3 to do Patterning. You can do Patterning in Focus 12 in a session, the “Expand” app, or independently.

You do not have to use these patterns. Use any pattern you wish. Blanks are provided.

Pattern	Objective (short, affirmative, completed)
Physical	<i>ex: I exercise daily and am healthy.</i>
Mental	<i>ex: I am confident and stress free.</i>
Emotional	<i>ex: I am happy and content.</i>
Greater Self	<i>ex: I have grown as a person.</i>
Do	<i>ex: I provide for my needs.</i>
Achieve	<i>ex: I accomplish my goals.</i>
[Your pattern]	
[Your pattern]	
[Your pattern]	

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