



Webinar Notes Week Two

In this short Blueprint I'm giving you the Neuro-Linguistic Programming (NLP) Techniques we covered in the webinar.

These techniques are EASY to use and will give you more control over your thinking.

#1 ANCHORING

“There is something that makes you feel good...”

Close your eyes and imagine those feelings round your body and intensifying those feelings...

Squeeze your thumb and middle finger together creating an associational link between the squeezing of your thumb and finger and the good feeling.

You can choose any state: excited, motivated, confident etc and associate it to a squeeze of your thumb and finger.

(If this is new to you, you may find you want to do this a few times to build up the association link and make it strong. It only takes a few seconds to feel good and squeeze your finger)

Allow yourself to really enjoy that feeling... double it, double that feeling... squeeze your thumb and finger... Let go... Intensify that feeling again and squeeze your thumb and finger, And smile... Let go again... Once more smile, feel good, boost those good feeling round your body and squeeze your thumb and finger together.

Great, now stop... clear your mind

Squeeze your thumb and finger and remember the good feelings.

Ok, so you be the judge here. Do you need to do that again? Do you need to spend a few minutes to make this anchor stronger? Spending a few minutes feeling good is, well good right. You feel good!

You can let yourself go next time and get more from this by simply imagining feeling good when you squeeze your thumb and finger together thereby reinforcing creating good feelings and practicing this...

Or does it feel good to trigger this anchor already? Do you feel good when you fire the anchor and you can't wait to attach those good feelings to the success you want?

Ok, so you know what to do...

While you have the excited feeling in your body you are going to picture one of the things that you want to be more excited about. Thereby associating the good feelings with the 'thought' (picture in your mind) of what you want to be more excited about.

Now you may need to do this a few times for certain things depending on what they are.

Think about it like this: if you put a lion up against a pussy cat who's going to win?

The excited feeling needs to be the lion!

If you dislike doing your accounts or going to the gym, the good feelings need to dwarf the feelings of dislike. Your excited feelings need to be so much bigger than the lethargy or aversion to the activity you want to be more excited to do.

This is about getting really good at having good feelings, having more good feelings and deliberately aiming them at the things you want more of in life.

It's Simple:

Good feeling - while thinking about something.

Think about something - feel good about it. Think about it, feel good, think about it, go do it!

One of the best skills you can master is generating good feelings. Get good at feeling good. Get good at feeling good and deliberately attach those feelings to the thoughts of what you want to have happen in your life.

#2 THE SWISH PATTERN

1. Think of the situation where you have the unwanted behaviour and instead decide how you would like to be in this situation.
2. Close your eyes and picture the new way clearly in your mind. Make sure that when you picture it, the image is bright, bold, colourful, big and most importantly make the picture of you being resourceful in the situation

Example: happy for someone when they come into money, calm when the kids have made a huge mess.

3. Open your eyes and clear your mind (break state):

Example: Think of something else, a car, a melon, etc and shake off any feelings

4. Close your eyes and imagine being in the situation you want to change. Picture it clearly from your point of view, see what you would see if you were there, hear what you would hear and feel the way you feel when you are in that situation.
5. Then imagine the first picture of you (the way you want to be) very small and in the bottom corner of the situation you are imagining that you want to change (friends success/kids mess).

6. Very quickly make the smaller image (of how you want to be) expand so that it covers the entire image/picture of the way you currently are (from your point of view). Switch from seeing things as they were when you were in the situation to the way you want them to be.
7. Open your eyes
8. Repeat steps four to seven 10 times
9. Think about how differently you will be in the situation now
10. Next repeat all the steps twice more with two other similar situations. It will take you less than five minutes to do ten repetitions for three situations.

Do it now and see how well it works.

Pick something that you can test, a situation you will be in today or tomorrow. You are saying to your mind 'not this... this instead'. You are planning to behave in a new way when you are in an old situation.