



freshwaysforward

Discovering You

Making it Happen in 2008 (Part II)

We are well into February, the Chinese New Year has come and gone, school is back and 2008 is in full swing. How are you proceeding with your goals and resolutions? Are they getting the time and attention they deserve? They are your hopes and wishes, after all. As promised, this month offers you more simple but powerful ideas to support your goals.

The four areas we're focusing on are:

1. [Enrich your relationship](#)
2. [De-stress for health](#)
3. [Stop smoking](#)
4. [Get that new job or relationship](#)

1. Enrich your relationship

Virginia Satir, a highly respected family therapist said "*people connect on the basis of sameness and grow through their differences*". When I was younger I remember thinking that those differences were a bad sign, that they made things too difficult. Now I understand those differences are sometimes the most precious parts of a relationship. Satir also believed that '*most people do the best they can at any given time*', which is one of several assumptions we make within the field of NLP. Such assumptions have shown to enable people to grow, and better understand themselves and others.

When we assume that people are doing the best they can with the resources they have, those resources might be skills, experience, perceptions, beliefs and how they feel about themselves. Perhaps you can recall a decision you made sometime ago that, if you could, you would make differently next time. This is most probably because you have more or better resources now than you did back then. It is no different for others.

Imagine you could 'try on' ideas and beliefs like this that would nurture your relationships. How would you be thinking and feeling? Now imagine yourself with others. How does holding these beliefs change the way you view others and interact with them?

2. De-stress for health

Last month the importance of lifestyle changes was highlighted, especially regular exercise. That familiar expression 'I need to let some steam off' says it all. Exercise actually uses up excess energy and tension in the body that is generated by the stress response. Allowing that energy to be released through physical activity helps regulate the sympathetic and parasympathetic nervous systems, helping the body rest, including sleeping more soundly.

Finding an exercise you enjoy is crucial. If you hate the gym, don't go. Find something else you will actually look forward to. If you have friends living nearby, arrange regular walks with them, or even walk-run-walk sessions. Take boxing lessons, swim, hike, bike to work. Take salsa classes!

When life is particularly busy or work is very stressful, quality recovery time allows the body, especially the nervous system, to recover. Start looking at the recovery time you allow yourself and increase it where you know it is running at a minimum. When using NLP to overcome stress, we ask questions such as 'what prevents you from allowing yourself to relax?' or 'When you overcome stress, what will that get you then that's even more important?' Ask yourself these questions; you may be surprised at the answers!



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3. Stop smoking

Typically, when we make changes or decisions, there are both *push* and *pull* factors that drive us. In the case of giving up smoking, push factors (that drive you away from smoking) include whatever grim future you have imagined as a smoker - perhaps of poor health. On the other hand, pull factors (that draw you away from smoking and towards a healthy future) might include having energy to run around with your kids, or to travel in your retirement. Retirement may seem a long way off, but the body you're in now will be with you then.

Take a moment to form a picture of each of these in your mind. The first is the push factors and grim future – see and feel all the effects of smoking if you don't quit. Secondly, see the pull factors and a healthy future, feeling all the positive benefits.

Now, when you think about these two futures, which one do you want to move towards now? It's likely you're quite keen on the second option – a healthy future. If so, get that picture back now. Imagine you have a set of knobs to adjust the picture in your mind, as if it was a TV. Take a moment to make the picture bright, clear, colourful and energising. How well formed the picture is in your mind will determine how powerfully it can guide your choices. Looking for more practical strategies to give up smoking? Take a look at our Be Smoke Free Package [here](#).

4. Get that new job or relationship

So you have your goal, perhaps laid out on paper or clear in your head. Great. You may have noticed recently how you are feeling about your goal. At times you may have felt excited and totally energetic towards it. You may also have had moments of feeling daunted or overwhelmed, which can be common when we're aiming high. So how can we overcome this?

Feeling daunted or overwhelmed often comes from how we are seeing or sensing our goal in our mind. For instance, let's say Jonathan is looking for a job in a completely new industry. He's feeling rather daunted about it; it seems like an enormous 'thing' to conquer. He doesn't know where to begin. Sound familiar?

In NLP terms, what he's doing is 'chunking up'. He's seeing the 'big picture' of his goal; to be part of this new industry. What he needs to do now is 'chunk down' to work out the steps he needs to take. And he can even work backwards if he needs to. For example, he knows he wants to contact three key organisations in the industry as well as two recruitment agencies. So what does he need to do before he does that? Be clear about what kind of role he's looking for, have a quality CV prepared, have referees standing by, and so on.

He can now start mapping out what needs to be done. Within a few minutes he establishes that today he needs to finish preparing his CV and find contact details for these five organisations. He feels back in control, relaxed in his body and excited about the next steps: contacting companies and requesting meetings.

A friend said to me recently, "I was at an event the other night where we were encouraged to set a goal for ourselves. I know it sounds a bit naff, but the only thing I wanted to set a goal for was to find a boyfriend!" I didn't think that was 'naff' at all. It seemed like a fantastic goal to have, especially for a woman who has achieved much of what she wants in other areas of her life. Own your goals – they are no one else's and they really matter. Sir Edmund Hillary said "Nobody climbs mountains for scientific reasons. Science is used to raise money for the expeditions, but you really climb for the hell of it."



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Tid bits and tips: Are you interested in finding out more about NLP?

A number of fellow NLP practitioners are offering one-hour and 1-2 day seminars as well as NLP practitioner training.

NLP Practitioner Training

Joseph Quinn at **Open Road Associates** offers a 9-day practitioner course several times a year. He is running an Introduction to NLP Evening on Tuesday 26 February in Parnell.

Phone: 09 357 0724 Email: joseph@openroadassociates.com Web: www.openroadassociates.com

Richard Bolstad of **Transformations** is offering two Practitioner Trainings this year. His is an 18-day programme. Find out more here www.transformations.net.nz.

Business Boosters

Attend a one-hour booster seminar to kick-start your year! The seminars are lively, energetic and packed with practical tips for taking your performance to the next level. Even better, they cost only **\$10** - pay on the day. Contact Chris Lampard on 021 294 2340 or email him at change.with.nlp@gmail.com.

Powerful Persuasion - *Getting your message across* **TODAY!!**

Monday 18th Feb, 12:30 pm - 1:30 pm

Communication Breakthrough - *Know what to say when*

Monday 25th Feb, 12:30 pm - 1:30 pm

Energy Booster - *Relax and recuperate...fast!*

Monday 3rd March, 12:30 pm - 1:30 pm

Special 2 hour evening seminar - Master Your Memory - *Perfect recall is at your fingertips*

Wednesday 5th March, 7 pm - 9 pm

Venue: Jubilee Building, 545 Parnell Road

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."

Herm Albright