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∞ Discovering You

Making it Happen in 2008 (Part I)

Welcome to 2008! And welcome to a *new* newsletter, Discovering You: offering insights and inspiration for growth and success. It feels good to begin a new year on a positive note and focus on what you really want for the year ahead. Perhaps you're one of the many who are busy making resolutions and putting new plans into action? I noticed the other night that the gym was the busiest I've seen it in months. No doubt people have now found motivation to reach their health or fitness goals!

Whatever your new years resolution, this month and next I'm going to give you a series of simple but powerful ideas to support your goals. The four areas we'll focus on are:

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

Someone who understood some of these powerful ideas was Sir Edmund Hillary. He said "People do not decide to become extraordinary. They decide to accomplish extraordinary things".

So let's get started.

1. Enrich your relationship

I imagine that over the holidays you've spent fun and relaxing time with your partner, wife, boyfriend. What have you enjoyed doing together? Whatever it is, keep it up. Now many of us are back at work it's easy to get into the daily grind and forget that it's summer. Plan a beachside picnic after work, get up earlier one morning and go for a wake-up swim or plan some camping weekends. Be sure to make time for yourself also. When your batteries are recharged and your needs are being met, you are likely to be more relaxed, fun and generous within your relationship.

How we think about others has a significant impact on our relationships. We are each incredibly unique. Men are from Mars and women are from Venus, right? One of the things John Gray was getting at in his book of this name was that we really are different from one another, and knowledge is power! His book sheds light on the intricacies of those differences (specifically between men and women) and makes sense of the behaviours we see in others that we don't always understand.

When we can understand what someone else's motivations are, how they see the world, what's important to them or what they value most, we are more easily able to relate to them in the way we'd like to. For instance, when Dan needs a quiet afternoon alone on a Saturday before they go out that night, his partner understands that that is how he recharges his batteries. She may be disappointed because she wanted him to go biking with her. However, she can appreciate his need for time out and knows he's not deliberately letting her down. And in turn, he shows his care and concern by acknowledging her disappointment with a few words. Working with an NLP Coach can help you expand your resources and abilities, so you can let go of unhelpful emotions and limiting beliefs that prevent you from having the relationships you really want.

More next month ...

2. De-stress for health

Recently Paul McKenna wrote about research indicating that "generally optimists live longer, healthier lives partly because optimism states enhance our immune system. Studies in recent years have proven that we can dramatically enhance our immune system by actively choosing our beliefs and consistently practicing visualisation techniques". This is exciting - by visualising our future and thinking about our current challenges with a sense of optimism and possibility, we can take more control of our health.

However, studies also suggest that the major threat in modern life is our response to stress - it can kill us. Although we live in a modern society virtually free of large wild animals, we are often triggered into flight



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or fight mode. Our mind doesn't register the difference between physical or emotional threats, so when we feel under pressure at work or home, the body reacts as if it is in danger. It releases adrenalin and creates tension in the body. This response we now call 'stress' is known to weaken the immune system, cause adrenal exhaustion, put pressure on the heart and strain the nervous system.

An eye opening study by Dr Bernard Stewart recently released in the UK predicts that unless people begin taking responsibility for their health, global rates of cancer could rise by 50 per cent to 15 million *new* cases a year by 2020. That's just 12 years away. The study went on to say that as many as two in three of these cases can be prevented and/or cured through 'lifestyle changes'. The one lifestyle change you can make today that directly combats the effects of stress on the body is to exercise. Even a fifteen minute walk will help; anything that will use up the excess energy and tension caused by the stress response, which then triggers the body's natural impulse to relax and replenish. Do you not find it easy to relax or wind down? With NLP Coaching you can learn new ways of thinking, change old patterns and access your own inner resources.
More next month ...

An NLP refresher

Neuro

How we think and how the mind interacts with the body. Did you know your brain doesn't know the difference between you imagining you're biting into a wedge of lemon, and you actually doing it?

Linguistics

How we use language consciously and unconsciously. Have you noticed how words have the power to harm you or heal you?

Programming

How we create habits with our thoughts and can therefore change behaviour. You're re-programming yourself every time you choose to start or stop something you wanted to change, such as arriving at work on time or remembering to put out the rubbish!

Find out more [here](#).

3. Stop smoking

It's common to hear people who are smokers say that they've tried to give up smoking but 'it didn't work'. When I've asked people if they actually did quit or not, the usual response is that they did, for either a few hours, a few weeks, sometimes even a few months, but then they started again.

Now, NLP is based on the belief that all behaviour has a structure which can be learnt, taught or changed. A classic example is the way in which regular people like you or I develop into world class athletes. And if they can run or cycle at a certain speed once, they can do it again. If you can stop smoking for one day, one week or one year, you can stop for twenty years, in fact you can stop forever.

Paul McKenna says if you have stopped smoking in the past and then started again, it's probably because either (1) the approach you took wasn't the best one for you at the time, or (2) you stopped doing what was working. He says the one way to stop smoking is this: decide that you are never, ever going to smoke again. Then put measures in place to help you stay committed. Helpful measures could include coaching combined with either [Allen Carr's Easy Way to Stop Smoking](#) book or Paul McKenna's [Quit Smoking Today With Gaining Weight](#). Among other things, giving up smoking involves changing habits – letting go of old ones and installing new ones. NLP Coaching can help you do this quickly and easily, giving you practical, lasting resources to get you through.

More next month ...

4. Get that new job or relationship

First of all, this is big stuff, right? Whichever of the two you are focusing on right now, they are significant areas of your life. So the first thing you need to do is get clear about what you really want to have happen. And think BIG! No messing about with wanting a job 'that doesn't feel so stressful', or a partner who 'treats you nicely'. Would these 'improvements' make you want to leap out of bed in the mornings? Possibly not. So, what would really spin your wheels?!



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Write your goals down, detailing precisely what you want to have happen. Make sure your unconscious mind is getting messages about what you actually *want*. Use positive language and change any negative language into what you want instead (such as changing 'not work so many hours' to 'work a maximum of 40 hours per week'). Then describe how you will know you have achieved it. Imagine for a moment what it will be like when you have that goal fully and completely. Take all the time you need. Now, what will you be seeing, feeling, doing, focusing on and saying to yourself when you have your goal? What will others be seeing, hearing, noticing? See it in your mind's eye and write it down.

Knowing *how* you're going to achieve your goal is vital. It may seem somewhat insurmountable right now. That doesn't matter. So did Everest! Start by breaking it down into steps and actions. Each step might involve several actions. Make sure the actions are things you can do over a day or a week at most. Place them in order and identify what actions you can take over the next 24 hours. Would you like to move ahead with your goal even more quickly and easily? NLP Coaching can provide practical strategies and simple techniques to get you to where you want to be.

More next month ...

Whatever your new year's resolutions, embrace them wholeheartedly and enjoy the rewards. All the best for a fulfilling and joyful 2008.



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*"When one door closes, another opens;
but we often look so long and so regretfully upon the closed door
that we do not see the one which has opened for us."*

Alexander Graham Bell