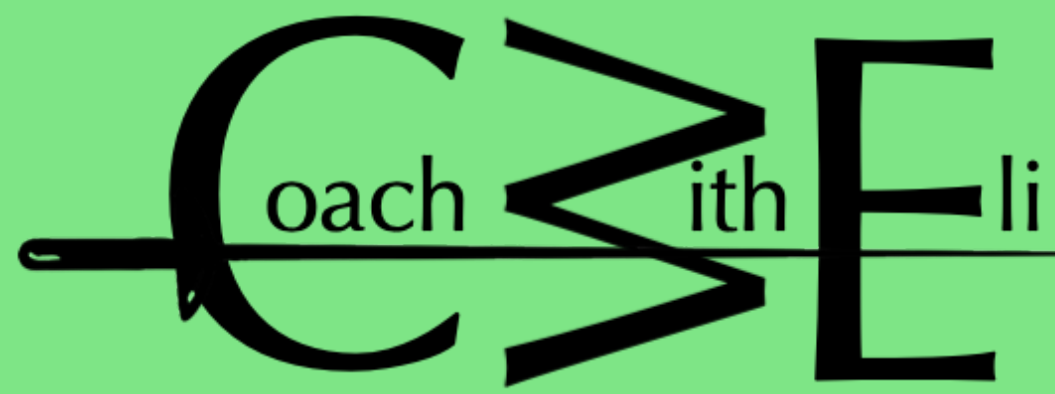
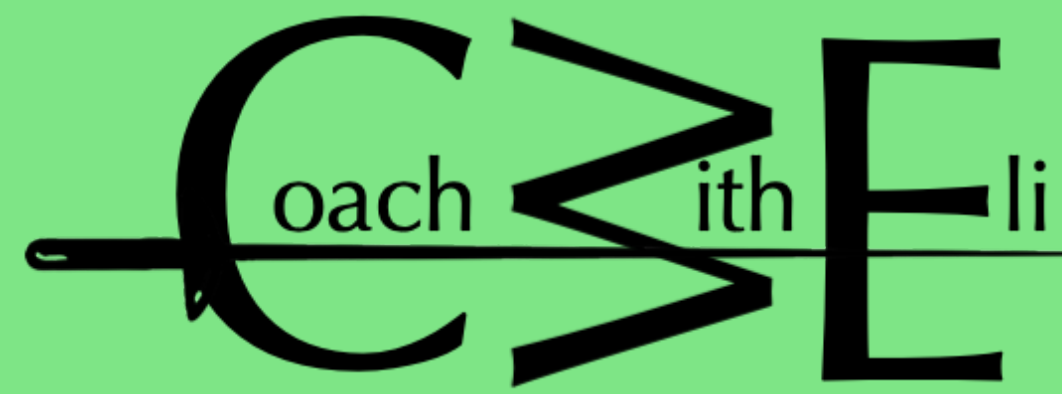


Practice Makes Perfect(er)
Inserting a Goal in Your Timeline



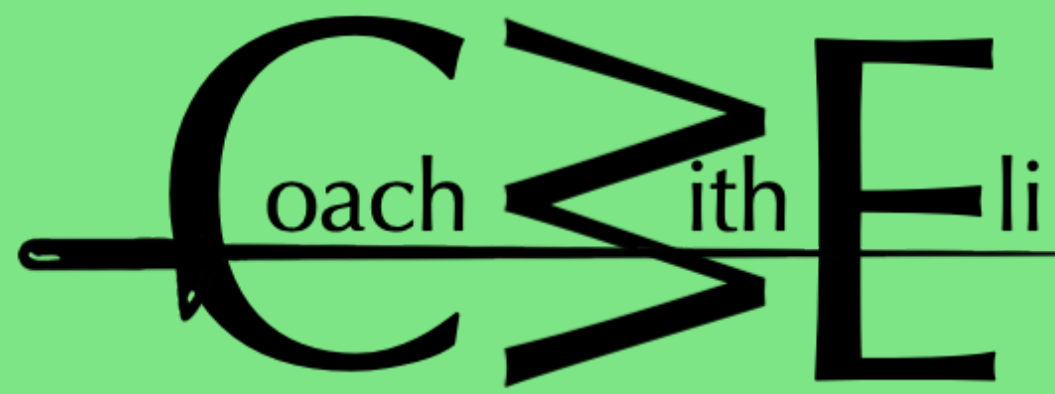
Why Insert a Goal in Your Timeline?

- Increase motivation
- Reduce stress and anxiety
- Create mental expectancy
- Collaborate with your subconscious understanding of time
- Discover significant resources



What You Should Know About Your Timeline

- Your subconscious mind stores time in a linear way
- All of your past and future memories are stored in your timeline
- You use your body to relate to your timeline at a subconscious level
- You can interact with your timeline once you learn how
- Your timeline can be changed



Trust Your Subconscious

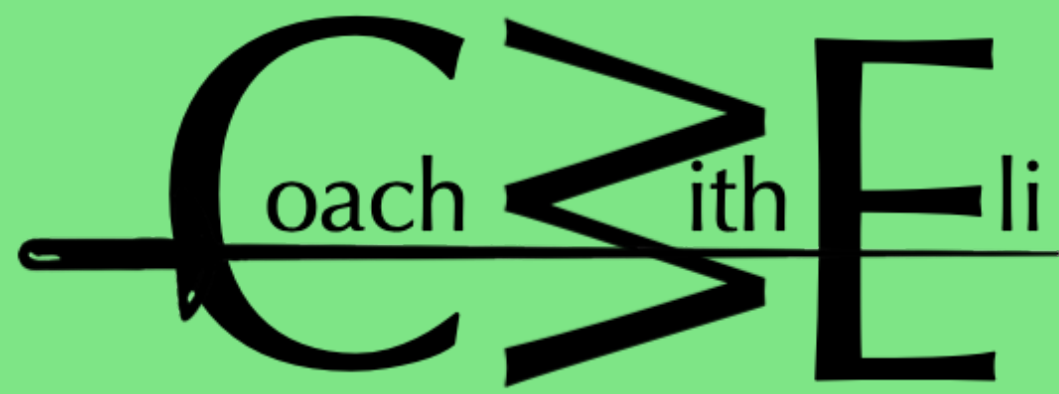
Your subconscious mind is always the first to respond. It communicates thoughts to you in the form of pictures, sounds, and feelings.

Some people call these thoughts your instincts or intuition. Others call them your inspiration and creativity. Sometimes, these thoughts do not make sense consciously.

To discover your timeline, you can simply pay attention to whatever thoughts or feelings come up *first*.

Every thought you have after your initial thought is a judgment or interpretation from your conscious mind.

Remember, your subconscious responds *fast*, so pay attention during this technique and accept whatever your subconscious offers you, even if you don't understand consciously. Your subconscious is much more powerful than your conscious mind, so trying to "figure it out" may distract you from the purpose of the technique.



How to Discover Your Timeline

If I were to ask your subconscious mind, “Where is your future, and where is your past?”, you would instinctively respond in some direction in relation to your body.

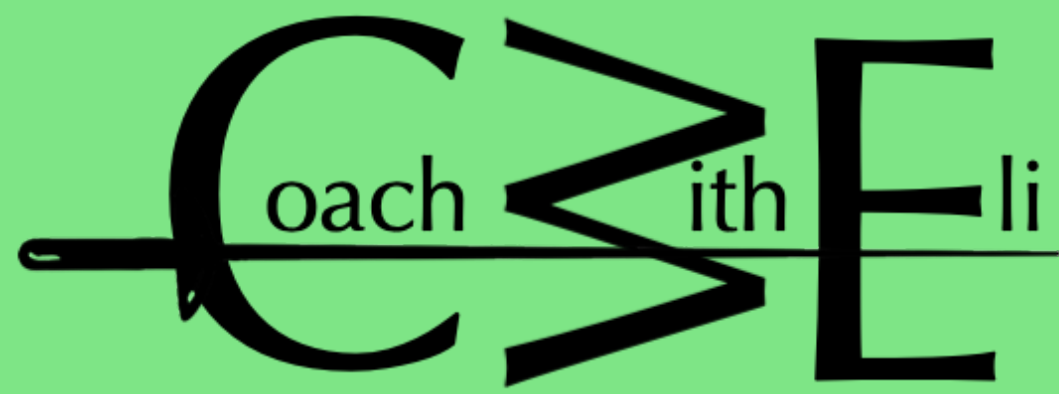
It may be up, down, left, right, forward, back, or some other direction.

Remember this is not your conscious thought out answer. Your subconscious mind will answer for you.

So if I were to ask your subconscious mind, “In what direction is your future?”... where would you instinctively point?

And according to your subconscious mind, where is your past?

Notice how that implies some kind of line or set of directions in relation to your body.



How to Discover Your Timeline

If you had any trouble with that exercise, you can use this additional technique:

Think of something that happened a week ago.

Notice where that memory comes from as it arrives in your mind.

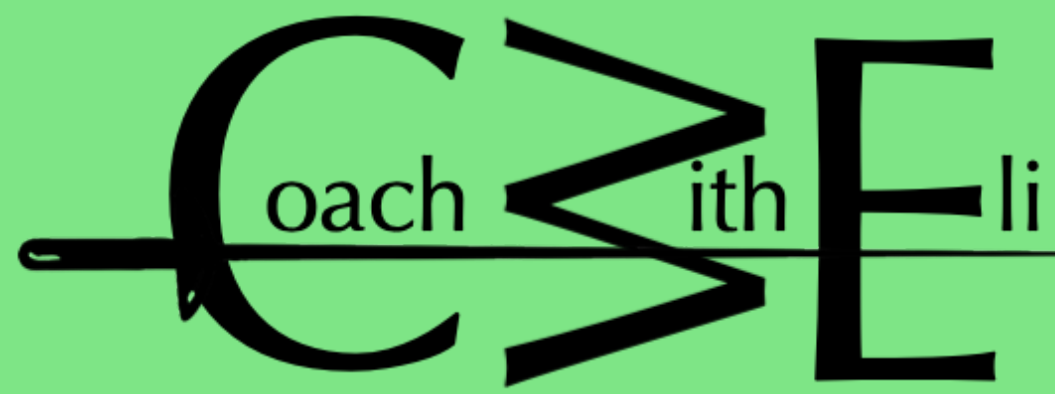
Think of something that happened a couple of months ago, and then a year ago.

Notice where those memories comes from.

Now think of something that will happen in a week, and then a month or a year.

Notice where those memories come from.

Good. Now you have an understanding of where the past is and where the future is.

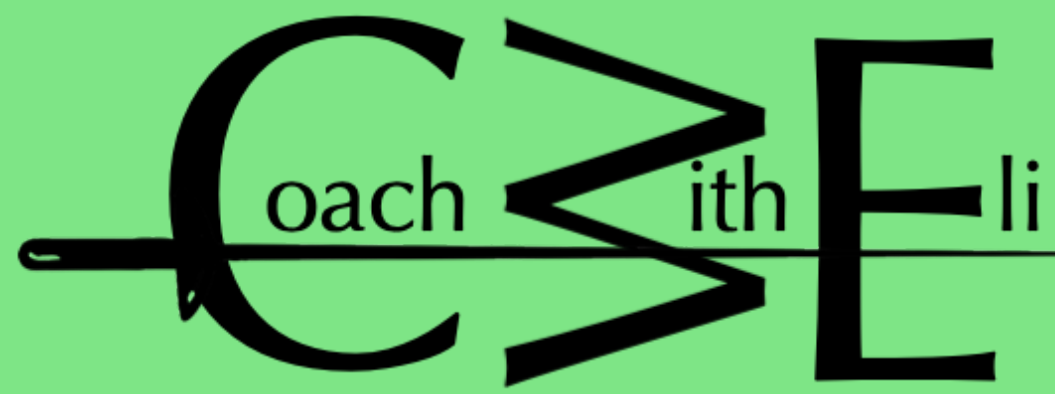


How to Interact with Your Timeline

Follow or provide these instructions:

"What I'd like you to do now is, just go ahead and close your eyes, and think of your timeline. Now, when I say timeline, I don't only mean something you see, because in a moment I'm going to ask you to float above it, and by float, I also mean as sound waves float on the wind, or as you might float in a pool or bathtub. However you imagine your timeline is just perfect, because it's yours. So go ahead now and just float above your timeline, making sure to look through your own eyes. You're not watching yourself floating... you yourself are floating above your timeline.

"Now, staying up above your timeline, I'd like you to just turn and face the past. Just turn so you're facing the past, and just float back into the past. At the unconscious level, there is no concept of time, so your unconscious can take you there as quickly as it likes. You can take as much or as little time as you'd like. Just go ahead and float right back into the past as far as you'd like, and give me a nod when you're there.



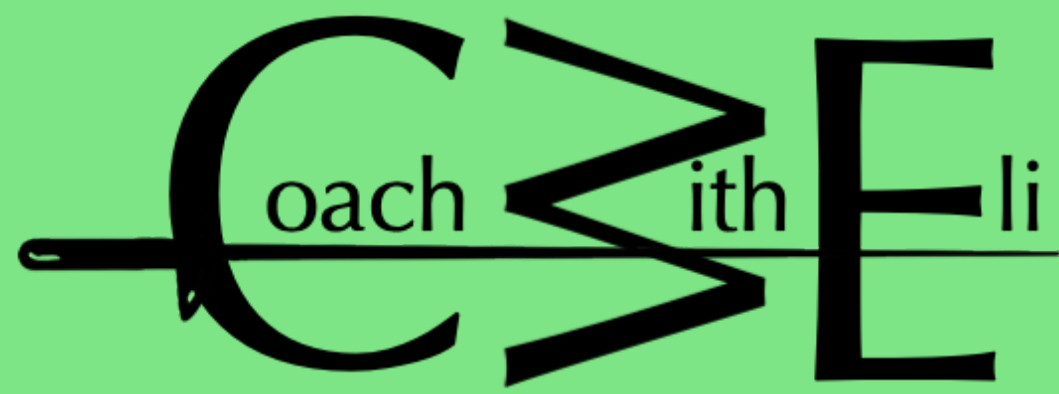
How to Interact with Your Timeline

Continue to follow or provide these instructions:

"Good, now, go ahead and turn around back towards now, facing the future, and just go ahead and float right out into the future. Remember, at the unconscious level, there is no concept of time, so you can take as much or as little time as you'd like. Just go ahead and float right into the future as far as you'd like, and give me a nod or let me know when you're there.

"Good. Turn around and face now, so you're facing back into the past. And now I want you to float way up into the air. In fact, float so high that your entire timeline seems to be only an inch long. And when you're there, just go ahead and float all the way back down to now. Just float right back down into now and come back into the room.

"Great! How was that?" - *Transform Destiny: NLP Practitioner Training*



Fundamentals for Creating a Powerful Goal

Powerful goals are SMART:

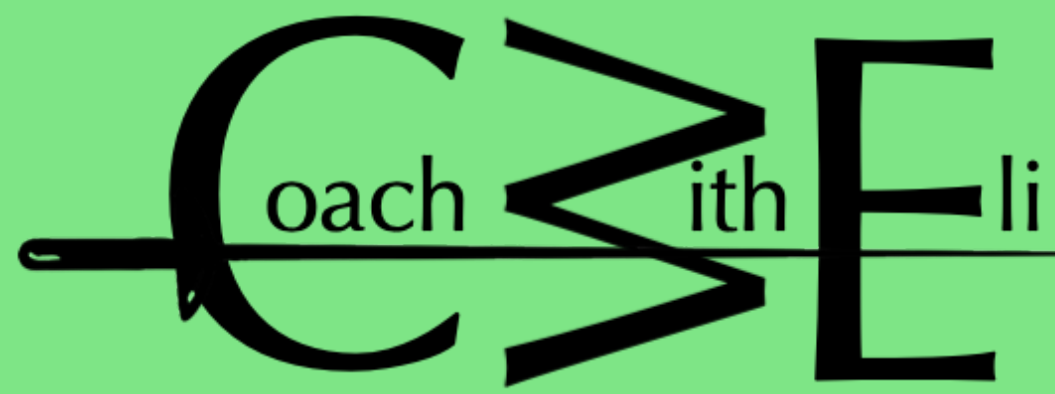
S Simple, Specific, Self-driven

M Measurable, Motivating, Meaningful

A Actionable, Achievable, As-If Now

R Realistic, Responsible

T Timed, Toward-motivated



How to Insert a Goal into Your Timeline

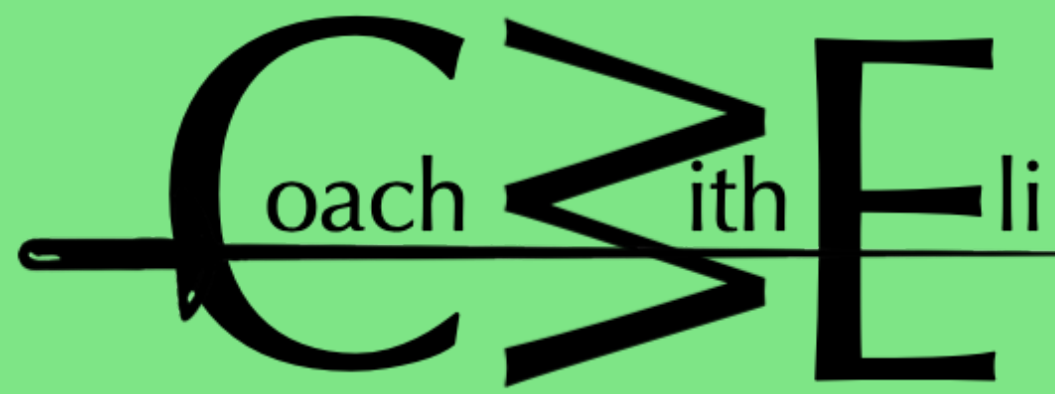
Discover the ultimate moment that will prove to you that your goal has been 100% accomplished.

Develop the Internal Representation of that moment. What will you see, hear, and feel so that you know beyond a shadow of a doubt that it is true - you have accomplished your goal.

Imagine that moment as if it is true right now, and fully associate into that moment. See the evidence, hear those important things you need to hear, and really feel those feelings of having accomplished your important goal.

Adjust all the submodalities until it is as compelling, desirable, and motivating as possible.

Float out of that Internal Representation and witness yourself having that success.



How to Insert a Goal into Your Timeline

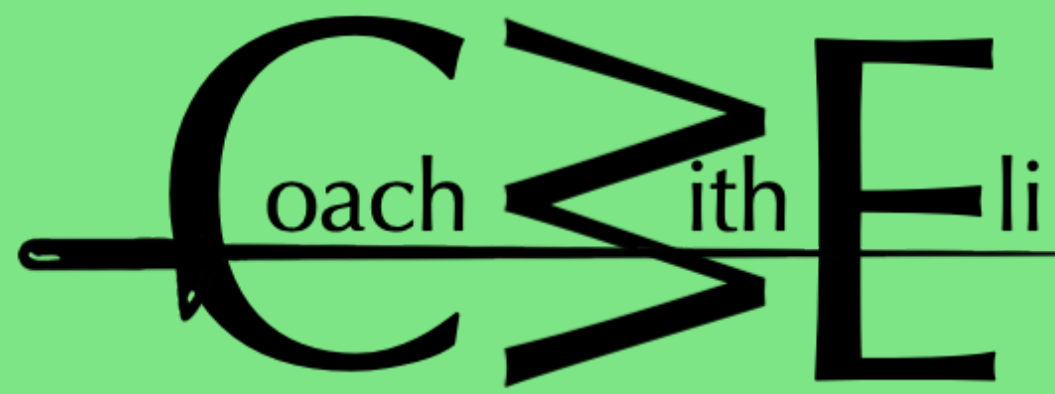
Focus all of your positive energy and channel it into your breath.

Continue to observe yourself in that ultimate moment of success and begin breathing life and existence into that Internal Representation you as you witness it. Bring it to life. Make it come alive with your breath.

Now take that Internal Representation with you, and float up above your timeline out over your future to the exact date when this will be accomplished.

Once you are over that date, drop the Internal Representation into the timeline.

Pay attention to all the ways this new and very real moment affects your timeline going all the way out into the future, and, turning around, notice all the changes going all the way back to the moment of now. Notice the evidence, the steps, and positive impacts of how this moment affects the entire timeline in both directions.



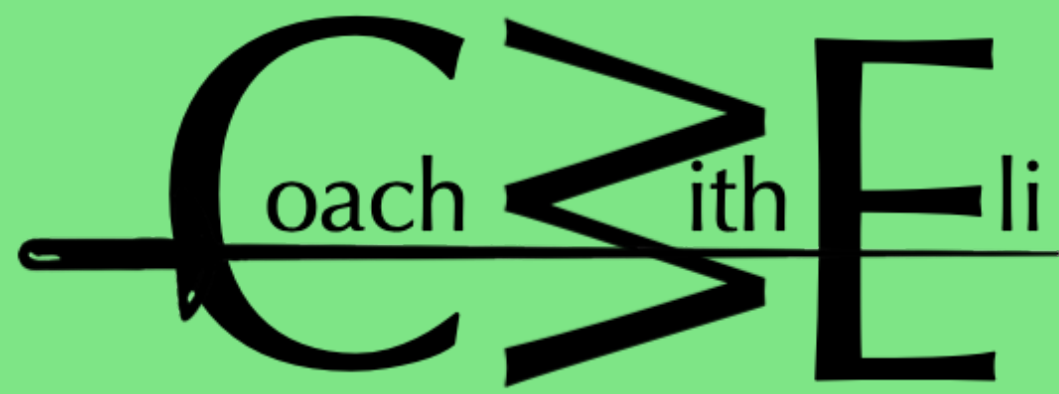
How to Insert a Goal into Your Timeline

Come all the way back over your timeline toward the moment of now, noticing how you accomplished your goal.

Come all the way back to now and back into the room, into the moment of now, and reorient to your surroundings.

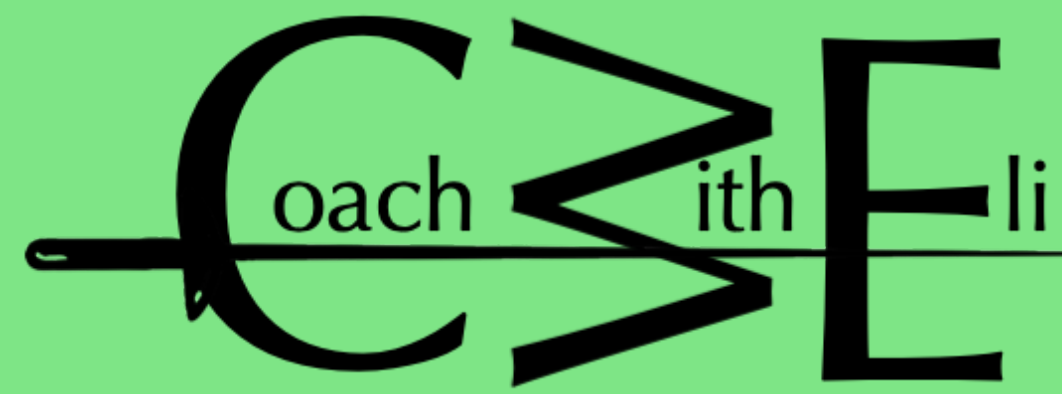
What did you learn from this journey above your timeline?

What do you believe now about your goal?



Practice

- With a partner, identify another SMART Goal.
- Guide your partner to make an Internal Representation of the ultimate moment when they will know they have accomplished their goal. Coach them to make it as compelling, desirable, and motivating as possible. Adjust the submodalities.
- Help your partner connect with their timeline.
- Connect your partner with their timeline and take them out over their future to the date when the goal will be 100% accomplished.
- Guide your partner to breathe life into their Internal Representation.
- Help your partner put the Internal Representation into their timeline.
- Help your partner notice how their timeline changes as the Internal Representation integrates with their timeline.
- Bring your partner back to now.



Final Thoughts

- What questions do you have?
- Write down at least 5 AHA's from today's training
- What is your feedback from today's training?
- What is your plan for implementing the skills you worked on today?