



FREE YOUR MIND

THERE IS ALWAYS ROOM FOR MORE HAPPINESS AND LESS STRESS

Webinar Notes Week Four

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

TIMELINES

Your Time Line is the imaginary line that you can draw between the remembered thoughts in your mind and the imagined thoughts of events that haven't happened yet.

Finding your Timeline. Imagine something you did yesterday, take a moment to notice the location of the image in your minds eye, does it appear to your right, left, in front etc.

Next think of something that you did five years ago and notice where that image is...

Then think of something that you know you are going to do in the future (have a birthday, go to a celebration etc.) and notice where that image is.

A line can now be drawn between these three points, this is your Time Line (or a very small three point section of one).

We can use this technique to map out your vision and its success using the milestone goals you set out along the way.

- Think about the goal you want to achieve in 1 years time (for example) imagine seeing all the things that assure you that you have achieved this goal.
- (Using the example of one year) now imagine all the things you would need to have done in 6 months to be half way to your goal.
- Next think about the things you will need to have achieved in 3 months
- Finally what will you have achieved in 9 months time...
- You now have four points. A quarter of the way there, half way there, three quarters of the way and the whole way there.
- Now you have a plan of things that need to be done. Imagine travelling 3 months into the future and seeing all the things you would see if you had done all of them. Do the same for 6, 9 and 12 months.
- When you are 12 months in the future imagining what it will be like to have achieved these things. Look back down your Time Line and with the benefit of hindsight before the fact. Imagine what you could have done differently to have got there quicker or got more things achieved.
- Then imagine floating down to the beginning of your Time Line, looking back to your goal. Now that you feel good about this new compelling future, increase the feelings of desire and excitement for the future, spin and whirl the feelings inside you faster and faster and make them bigger, then imagine all of those feelings of desire and excitement and duplicate them. Spread the feelings along your Time Line in front of you, brightening it and make it a much more compelling place to be.