

NLP Beliefs of Excellence

NLP stands for neuro-linguistic programming.

NLP therapy or NLP coaching helps people like you get what they want in life.

NLP changes the way you think and behave and therefore changes your actions and results.

The super-helpful Beliefs of Excellence were written by the founders of NLP.

This list is an excellent reference point when you might seek reassurance, positivity or an understanding of your own or other people's behaviour:

- **'Everyone has a unique map of the world'** Everyone has a unique map (perception) of the world. How you see and experience the world around you is determined by your own individual map.
Your map is determined by many factors unique to you; your upbringing, education/career, beliefs and values, relationships, desires etc. Another person's map is based on their unique factors, eg beliefs and values, desires, needs, education.
Respect other peoples' maps of the world; everyone looks at things differently
- **'There are no un-resourceful people, only un-resourceful states'** Your state (internal emotional condition) affects how resourceful you feel. If you feel un-resourceful, what can you do to change your state so you feel more resourceful?
- **'There is no failure, only feedback'** Every experience provides feedback for the next time.
- **'All problems were once a solution'** Think about this for a minute!
- **'Behind every behavior has a positive intention'** Even if the intention is not good for us, it is good for someone else.
- **'Everyone makes the best choice available to them at the time they make it'**
The choices each person makes are an outcome of their unique personal history. A choice made is the best possible available at the time

This document is part of an online course by Faith Hill

The Power of Positive Thinking: Re-Program Your Brain

faithhillcoaching.com

- **'The meaning of communication is the effect'** It doesn't matter what one means to say, the meaning comes from how a listener hears and responds to it
- **'We have all the resources we will ever need within us'** Even if we don't have something, we have the resource to identify what we need to get it
- **'The person with the most flexibility (in thinking and behavior) has the greatest influence'** Flexibility enables you to maneuver in situations with ease
- **'Mind and body are systemic'** Look after one & both will feel the benefit. Abuse one, both will feel the effect. This is a great one to remind you to maintain mind body balance
- **'If one person can do it, anyone can do it'** What we recognize in others is true about ourselves. If you can spot, it you've got it
- **'The way to understand is to do'** Learn a process to understand better
- **'We cannot not communicate'** We are always communicating: with words, body language, eye movements & we communicate with ourselves in thoughts.
- **'All people are magnificent'**... in their own individual way