



Steps To A Healthier Life

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Outcomes for Health 2010

From a teleseminar with Gayle Palmer, Osteopath on 21 April 2010

What is health? It seems such a simple question!

Here is what Gayle's patients say is important for their health: what they want-

- less or preferably NO pain
- less stress and worry
- they don't want a serious, chronic disease
- they don't want to die early
- more time
- more energy
- don't want to bother the Doctor
- don't want to take prescription drugs if they can help it
- more relaxation
- more control over their lives
- better relationships
- be able to be active as much as they want
- be able to play with their grandchildren
- do the things that they want, when they want
- live a long and fulfilled life
- when they do die, they want to go quickly, peacefully and with dignity

Notice how many are negative goals when thinking of health - we often frame our needs by what we don't want. It seems easy to say what we want to avoid, but much more difficult to know what we DO want!

What do you believe about your health?

- I am healthy and robust
- I am always ill
- I always catch everything going
- I am never free of pain
- I can shake off any illness
- I am never ill
- Sickness is for wimps

Take a look at your beliefs about health and see if you are holding yourself back.

Six Critical steps

Step One	Decide what you want <u>not</u> what you don't want!
Step Two	Write Your Outcome down imagine how it will be when you have it
Step Three	Test your outcome and uncover resources needed
Step Four	Find the first step to get you moving
Step Five	Get motivated
Step Six	Let it go, so your unconscious mind can do the work.

Step One – What Do You Want?

Think about where you are now and what you want. Sometimes we end up thinking of all those things we don't want if this is how you are thinking then ask yourself this question:

'What do you want instead?'

Step Two – Write Your Outcome Down

Use the acronym below to make sure you have all the parts of your outcome covered:

P	Positive
U	Under your control
R	Right Size
E	Ecological – (Takes account of the whole system)

H	Have Milestones
E	Exactly what you want – Make a list
A	As Now – write the outcome in the present tense e.g. 'it is now (DATE)' give the date you want the outcome
L	Life Affirming
T	Timed
H	Hold your Intention

Here is an example you can adapt for your specific health outcome adding by the details that are relevant to you

Example:

It is (DATE) and I have successfully completed the last (X) mths reaching my milestone goals of (.....)easily and effortlessly.

I am now living the lifestyle I choose, I am healthy (I can breathe easily, walk comfortably, digest my food easily.....)and have abundant energy and can choose to do everything I want.

I am in control of my health making informed decisions about my (exercise/diet/work/leisure/.....) What I am doing fits with my family/work/life balance and I am looking forward to a long and fruitful life.

Everyday I intend

This is where YOU write YOUR OUTCOMES

It is (/ /20xx) and I have successfully completed the last (X) months reaching my milestone goals of

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•
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easily and effortlessly.

I am now living the lifestyle I choose, I am healthy

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and have abundant energy and can choose to do everything I want.

I am in control of my health making informed decisions about my

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•
•

What I am doing fits with my family/work/life balance and I am looking forward to a long and fruitful life.

Everyday I intend (add your intention here)

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Step Three – Test The Outcome And Uncover Resources You Need

<p>How will you know when you've got it? Stated in sensory specific terms. What will you see, hear, and feel.</p>	
<p>What resources do you need to get it? Make a List</p>	<ul style="list-style-type: none">•••••••
<p>How will getting it benefit you? List 3 Benefits</p>	<ul style="list-style-type: none">•••
<p>Do you want this change in any other situations? Write them down</p> <p>How will making this change affect other aspects of your life?</p>	
<p>What will happen when you get it?</p>	

Step 4 – Find The First Step

This a simple process to clear any final blocks in your way.

Ask yourself: **‘What stops me from having my outcome?’**

This will uncover a limitation and once you have that you ask yourself:

‘What do I want instead?’

Then repeat the process until you have reached the one thing you need to do to start towards your outcome. If you find yourself in a loop then find a way to break it then carry on.

Step 5 Get Motivated

Go back to your original outcome and ask yourself

‘What will it do for me when I get this outcome?’

Answer in sensory terms – see, hear, feel, smell, taste even!

When you have this ask yourself again

‘What will it do for me when I get this outcome?’ (the one that you just got)

Repeat the process until you feel the motivation rise inside you you will know when this happen because you will be smiling and feeling great.

Step 6 - Relax and let go of your outcome

Have a cup of herbal tea, take a walk, have a bath or anything else you know will relax you!

For more information on this and other personal or business development topics and courses call Katherine or Philomena on **01243 792122** or email katherine.bird@evolutiontraining.co.uk

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