

## **NLP In Reality - Making 2010 Your Best Year Ever**

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**[NLPWeekly.com](http://NLPWeekly.com)**

This is going to be the 7th time I'll be going through this amazing process. It is much more than just goal setting, or outcome definition. It is more about self tuning, reminding and redefining the values, beliefs and angles (snowball down the hill). It's about recognizing the way you make decisions and improving it.

The difference between the process I'm going through on the last day of each year and the all familiar process of goal setting is in the purpose and results.

The purpose of this process is self alignment. The results - forgetfulness. Yes, I believe that in order to make significant progress through a time period such as a year, we need to forget all about it - and let it just happen.

When you remember, you make natural attempts to control the progress. Since we already know that life is a chaos, hence - things are not going to work out according to pre-determined plan - any attempt to control life is a prescription for failure.

Remembering your goals could be useful for motivation, but taking your goals as definite is not. We went through these ideas in other articles, so we won't spend too much time on them here.

Being able to forget and let the alignment you're doing through this process take over, subconsciously, is what brings you - in the end of that active year - near where you wanted to get to. Near, because there's never an accurate spot you can land on.

Instead of focusing on the 50,000\$ you dream of making in 2010, we take better decision making strategies - for example, learning to accept criticism objectively.

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One tiny change like accepting criticism objectively, might turn out to be the most important factor in your day to day interactions with other people. For me, and that's why I took this example, it meant making year 2001 my best year ever - back then.

The "NLP In Reality" process is one I had to create myself, after several disappointments with other goal setting systems. Some are more known than others, but all failed to fit to my life.

## Advantages Of The "NLP In Reality" Process

Rear-View Effect - This process actually eliminates self doubts, the kind of doubts we get when we indulge in the Rear-View-Mirror habit: looking back at our past failures and making generalizations for the present and future. Since the "NLP In Reality" process is not dealing with activities but with emotions and skills, the past is not a factor to consider. Yes, it is important for learning about ourselves and others, but it has no place in our future. What's gone has gone, what's to be - well...

No Beginning - No End - This is not about starting with the end in mind or searching for a beginning point.

There is no end, because the end is death, and then which goal will you need?

Which skill will serve you after the "end"?

Why would you work so hard if you already know the "end"?

There is no end when it comes to improving yourself. There is also no beginning, because you're in this same process already, since birth. You're already trying to improve skills and manage emotions better. It is an automatic response. You are born, you try to absorb the world, learn, manage to walk a few steps, running, swimming, riding bicycles...

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In my case, the beginning was 30 and some years ago. Not in 2010, for sure. This is important to understand, because the fear of unknown dissolve this way - nothing new to begin, nothing unknown to fear from. The "NLP In Reality" process brings to light the skills and emotions you posses right now, and those will serve you to greater extent in 2010.

We're Not The Same - We can never be the same as we were. I think that this is a very mature like idea, because when I was younger, I thought I am the same as I was - I look the same, I speak the same, I love the same things, I'm surrounded by the same people - ordinary. But it isn't this way at all. We're evolving all the time, whether we notice it or not. This is something that one of our forum members still need to comprehend fully. He wants to reverse to an older self, and that cannot be done! You can only move forward, never backward.

The learning experiences you've had since that time are permanent. If you want to go back to an older self, you'd have to forget all of those experiences in between - and that's a very stressful and non recommended process. A part of growing up is accepting this fact. The "NLP In Reality" process takes this fact into account and builds on it, by teaching us how to be inspired by all of our emotions.

Self Discoveries - We are being invented all the time. In fact, if you go through a self-discovery process, you'll find contradictions each time! At one time you'll discover you're less affected by other people's opinions; at another time, you'll discover you're way too obsessed about satisfying others.

These contradictions are being resolved in the "NLP In Reality" process in a very simple way: you don't discover yourself, you discover the extremes of emotions and skills you can find yourself in. Now, before you say - there are no extremes because there are no limits, let me advise you this: there are.

There are limits to the human body as well as to the human mind.

Yes, there are exceptions to this rule of course, but those do not necessarily include you and me. Thinking we're all powerful and have no limits is self delusional. By

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learning your own fences, you take life easier and flow through them much smoother. It's easier to show than to explain, so wait till you finish this process first.

Faster Decisions - I think our common fears are the result of poor decision making. We're afraid of the unknown because we can't decide fast enough. Remember this - once you decide, there's some kind of a comforting feeling you get, similar to relief. When you make a firm decision, you set such a good angle for falling down that it takes quite a lot of effort (with doubts) to slow it down. Faster decisions, better done automatically, means better life. The faster you decide to give up on another piece of chocolate, the faster you lose weight.

The faster you decide to say "I love you", the faster you pass over the fear of rejection, and the faster you either indulge in that emotion (being rejected) or indulge in a night of love and romance. That's life! The "NLP In Reality" process is the self alignment that will give you (and me, better say - us) the power to decide faster, better automatically, and...

Accept Emotions - That's another key aspect of human life: not wanting to feel. Hey, feelings are all we have! Where would we be without fear, passion, rejection, love, compassion, anger, resentment, joy, thrill, hate, annoyance, silliness, and plenty of others? We wouldn't get far beyond the cave and basic survival.

We wouldn't live pass 100 or reach outer space. We wouldn't be here, probably. Learning to take a scary emotion like "rejection" and not only facing it, but embracing it - that's an awesome skill to develop, and one that soon enough you wouldn't know how you managed to live without. The "NLP In Reality" process is doing just that, because...

Negative And Positive - are context related and subjective. Your positive might be negative to me, and vice versa. Changing the way we perceive these terms can change our lives.

## The Structure Of Chaos

Since life is a chaos, this process is going to reflect it. This is not a linear process, but a mess of thought provoking questions and assignments. The idea here is to prevent your mind from analyzing the process, making sense of it and rejecting the new concepts. I hope, that just like it happened to me - that you won't be able to track down most of the new concepts you will learn during this process.

It took over 5 years of editing, one end of year at a time, to make this process smooth. I didn't invent these questions, or at least most of them, but I did order them in such a way that you get the benefit without even realizing the effect - that is the reason it causes forgetfulness. I love to forget the benefits, because they suddenly appear during the year and just after facing a hard challenge successfully, you realize that you have planned this before!

This is the best feeling you can have in 2010 - knowing that you're moving towards the life you deserve and want without stressful obsessive control... Ok, enough - let's begin the process.

## How To Make It Work

This is an easy advise - just do not try to make it work. Take your journal (may I suggest, your personal journal in our forum) and write down the questions in the same order. Answer them as fast as you can, write down any association you get and don't worry about getting the right answer or the one that you would wish. This is not about defining your goals, but about aligning your causes.

Try to answer all of these questions in one day. Yes, I know it's quite a lot, and that's why I go through this process on the 31st of December each year - I want to make it before midnight, so I answer even faster. The real benefit of doing it at once will reveal itself on the day after - the 1st day of the new year.

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One tiny advise - do not try to make sense of each question. Some are meant to confuse, some are meant to repeat themselves and some won't make sense at all. Just write down whatever comes to mind, even if it's the most idiotic thought you ever had... these idiotic thoughts will flow back during 2010 in such a creative way, that you'll know their value only then. Sorry, but I can't clarify it in any other way - experience here is much stronger than knowledge.

To make it work better - don't read the questions before you answer. Read one question at a time, answer it and then move on to the next.

That's it - now get to work:

## NLP In Reality - Year 2010

- ✓ Who do you owe and why?
- ✓ Do you have insurance? On yourself? On a house? A car? 2 cars?
- ✓ Do you invest in the marketplace? In what form?
- ✓ How much money did you earn in 2005? Including paychecks, gifts and winnings.
- ✓ Where do you work, name and place? What do you do there? How did you get to work there? Who gave you the opportunity to do this work?
- ✓ What are you afraid of? Which of these fears is not real enough? Which of these fears cause you to sweat just thinking about it? For how many years did you hold this fear?
- ✓ Do you take criticism well? What is the first memory (time stamp maybe?) you can recall, in which you were criticized unfairly? Will you be willing to feel not appreciated again in 2010 if it means you'll become stronger and better?

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- ✓ Do you belong to any professional association? Why yes or why not?
- ✓ Do you have a "to do" list made up? Really? Ok, go burn it.
- ✓ What aspects in your work do you enjoy? Think hard now... what if you didn't enjoy these parts, would you still work there?
- ✓ If you would make a picture out of your whole life, as if it had everything in it, and then make it larger and brighter and stronger - would that make you feel good or overwhelmed with disappointment?
- ✓ If you would make a picture out of your whole life, as if it had everything in it, and then shrink it, make it darker and weaker - would that make you feel relief or disappointment?
- ✓ If you would make a picture out of your best friend's life, as if it had everything in it, and then make it larger, brighter and stronger - would that make you feel compassion or envy?
- ✓ Consider this belief to be true - "life is a chaos". Is it worthwhile to live fully even though it means living in chaos? Why? If not, why do you think your opinion counts?
- ✓ Are you able to go alone to a movie, a play, a rock concert? Have you done this before? If you answered "yes" to the first and "no" to the second, it means you lied. Rethink your answers.
- ✓ False friendliness is worst than false hate. Are you nice to other people because the way you are educated or because you tend to believe that "it's better to be nice because you never know when you will need this person to help you..."?
- ✓ Could you say no to a friend who wants to borrow money?

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- ✓ Could you say no to a charity request from a person who wears an Armani suit?
- ✓ Do you think that strangers feel at ease when you speak to them? Do you think that your way of feeling being judged is the same for others?
- ✓ Do you generally encourage or dis-encourage others?
- ✓ Are you satisfied with your physical appearance?
- ✓ Are you satisfied with your energy level?
- ✓ Do you tend to be happy, no matter what? Why?
- ✓ On the scale of 1 to 10, how healthy are you?
- ✓ Name 10 activities you do not want to participate in again during 2010. When you're done, next to each of these activities write the date after which you will not allow yourself to do it. You must make a different date to each, not having all of them for tomorrow.
- ✓ For the question on the health, now write down what is it that makes you ill currently? Why isn't your scale on the 10th permanently? Could it be that you're only human, with physical limitations?
- ✓ If you would be asked to write down every single word you know and use usefully, how much of a regular dictionary would you be able to write? 10%? 4%? Just make an assumption, it will never be accurate.
- ✓ Forbearance means patience. Would your vocabulary be extended or stay the same?
- ✓ How would you define your "random tolerance"? What would it be like if you were only randomly tolerant? Is it really context related or is it a decision up front?

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- ✓ When was the last time (time stamp again) when a skill you thought is one of your strengths, turned out to be weak and deteriorating?
  
- ✓ How does it feel to be rejected? Describe the feeling, where does it start in your body and where does it go to? How strong does it get and when? Is it permanently strong? Could you make it stronger? Could you build it up to a point when you cannot suffer it no more? If you go beyond this point, theoretically, would that serve as a proof that you can be rejected and still alive?
  
- ✓ How many rejections will you be willing to take in 2010? 10? 100? 1000? Come up with a real number. Now double or triple that number. If the number feels comfortable, triple it again - you want to feel uncomfortable with the number of rejections you'll be willing to take in 2010.
  
- ✓ Complete - Monday is Monday \_\_\_\_\_.
  
- ✓ Name one activity (even habit) that if you'll participate in through the new year, you'll feel embarrassed. Now, write an email to someone you really care about - WITHOUT sending it, just save it somewhere - and tell him about this activity. In the P.S section, write a commitment to email that letter if you find yourself doing that activity anyway...
  
- ✓ How much fun should you have in 2010? Why?
  
- ✓ Do you deserve to have fun 100% of the time?
  
- ✓ If you could change one thing in one other person - who and what? How would you go about in 2010 to change that one thing in this one person?
  
- ✓ Do you really mean it every time you say "enjoy"?
  
- ✓ What would be the one non realistic fantasy you'll give up on this new year? We all have non realistic fantasies, but some linger on and influence us too

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much. Being a rock star, for example, is a fantasy of many people... not realistic, because there are only a few rock stars out there, and none of them is your neighbor Jim. Taking this fantasy too long would mean?

- ✓ What would be the one realistic goal you have set up for yourself years ago but never accomplished, and you now have the feeling you will never make it real? Are you willing to give up on that goal if you know you'd be happy and satisfied in 2010?
- ✓ Being calm enough is being \_\_\_\_\_.
- ✓ Fake it till you make it... what did you fake so far and didn't make at all?
- ✓ Do people get what they deserve or get what they attract?
- ✓ How much money does it take to realistically make you satisfied financially?
- ✓ Improving yourself takes effort and time or giving up on effort and time?
- ✓ Make a list of your strongest skills. Make sure you have at least 5 of those written down.
- ✓ Now, give up on one skill. Cancel it as if you're eliminating it from your know-how.
- ✓ Instead of the canceled skill, write a relatively new one.
- ✓ Could you manage with the ones written down?
- ✓ How many hours during 2010 will you allow yourself for non productive activities / laziness? Make a number for the whole year. Now double it - that's realistic. Triple it - does it get uncomfortable enough?
- ✓ Describe one time stamp in your life that you wish you didn't have. Now, imagine you have erased this time stamp from your past, as if it had never

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happened. Now, imagine you're experiencing that same experience as in your erased time stamp, during 2010... could you handle this one? How?

- ✓ Do you believe you would become more compassionate in the next 12 months?
- ✓ Could you imagine yourself being loved to the point of disgust?
- ✓ What is more important for your self improvement - discipline or freedom?
- ✓ Being rough or smooth emotionally?
- ✓ Taking orders or giving orders?
- ✓ Knowing or learning from scratch?
- ✓ Knowing or learning from someone else?
- ✓ Teaching or learning from someone else?
- ✓ Accepting or rejecting contradicting beliefs?
- ✓ If you sow you will reap... are you responsible completely to what's going on in your life right now? If so, are you to blame for the mistakes and hurts and failures that might come to you in 2010? Who is to blame, if not you? Should anyone be blamed anyway?
- ✓ If you sow but not necessarily reap... is there a reason for everything that happens to you? Is there a Karma or is it a random chance? Do you face life as is or as it should have been?
- ✓ Choose a point in your past and pretend you're breaking your life to two halves - one before that point and one since it... is there a logic in the progress of the second half?

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- ✓ Imagine for a moment that a year from now you realize that 2010 has been your best year ever... now answer:
  
- ✓ Why? Why Not? Why Not You? Why Not 2010?
  
- ✓ If you could replace places with someone (wait, it's not what you think), who would it be? Why would you want this person to be in your place? Do you think that if you ask them, they would agree? If you had to make a great presentation to convince them, which are the things in your life that you would hide? Which things are you going to emphasize?
  
- ✓ When you're 80 years old, looking back on 2010 - which are the regrets you will not be willing to think about? How would you make sure you're not seeding these regrets?
  
- ✓ Can you remember the most passionate and exciting experience you've ever had in life? Could you make it stronger right now, as if it's happening all over again?