NLP Techniques for goal setting success

Laura Gallo
NLP Practitioner and coach
NLP Techniques for goal setting success
NLP Techniques for goal setting success

The triple down effect of energy

ENERGY

MENTAL

EMOTIONAL

PHYSICAL
NLP Techniques for goal setting success

Neuro Linguistic Programming

LINGUISTIC FILTERS
NLP Techniques for goal setting success

This event is all about **YOU**
NLP Techniques for goal setting success

HOW SOMETHING APPEARS IS ALWAYS A MATTER OF PERSPECTIVE...
NLP Techniques for goal setting success
NLP Techniques for goal setting success

**GROWTH** (and reproduction)

- **NUTRIENT**: Cells will always move towards positive signals.
- **TOXIN**: Cells will always move away from negative signals.

Cells can not move in both directions at the same time.
NLP Techniques for goal setting success
NLP Techniques for goal setting success

- **S**pecific
- **M**easurable
- **A**ction-oriented
- **R**eally motivated
- **T**ime-bound
NLP Techniques for goal setting success

• Don’t write your partner’s/mother’s/boss’ goals.

• How badly you want it?

• Don’t worry if you don’t have a plan to get your goal.
NLP Techniques for goal setting success

• Make it as a positive sentence.
• Be as specific as possible.
• How will you know when you get it?
• When do you think you will get it?
NLP Techniques for goal setting success
NLP Techniques for goal setting success

<table>
<thead>
<tr>
<th>Area</th>
<th>Actions needed</th>
<th>When are you going to do your actions?</th>
<th>By when you should be finished?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Career</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Money</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friends and family</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Romance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friends</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Education</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life purpose</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fun and recreation</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
NLP Techniques for goal setting success

Your best year yet or more of the same?
NLP Techniques for goal setting success

Get a ride on Doc Brown’s DeLorean

• What are you going to see?
• What are you going to hear?
• How are you going to feel?
NLP Techniques for goal setting success

For more NLP techniques go to

www.yourdoor2success.uk
Questions?