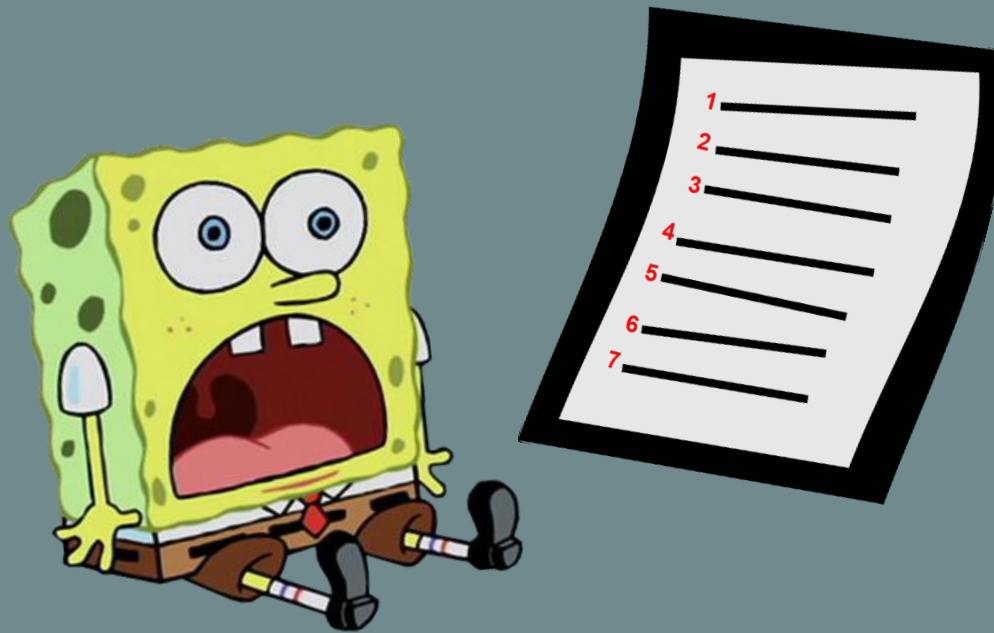




## NLP Techniques for goal setting success

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**

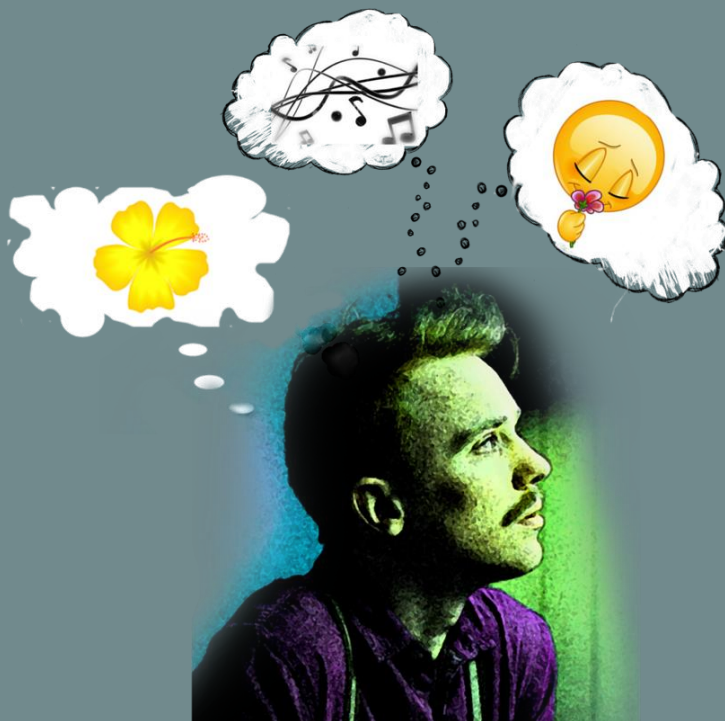


**PHYSICAL**



# NLP Techniques for goal setting success

## Neuro Linguistic Programming





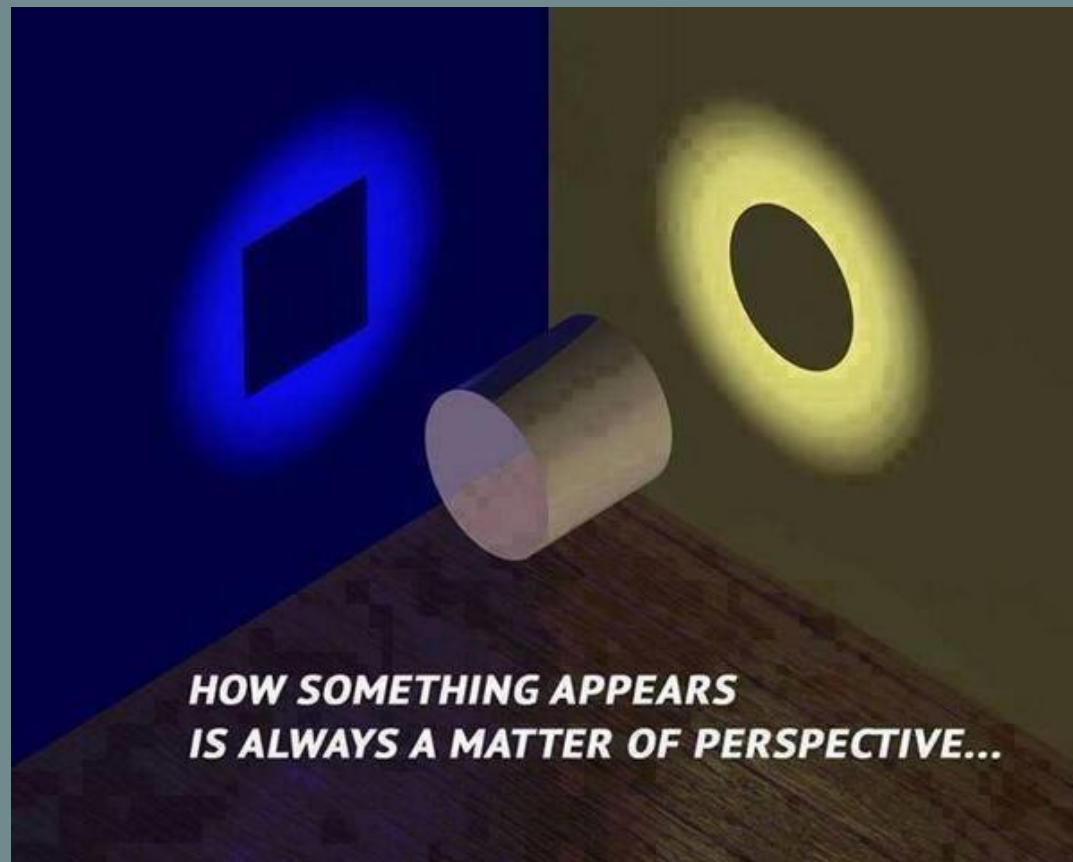
# NLP Techniques for goal setting success

This event is all about **YOU**

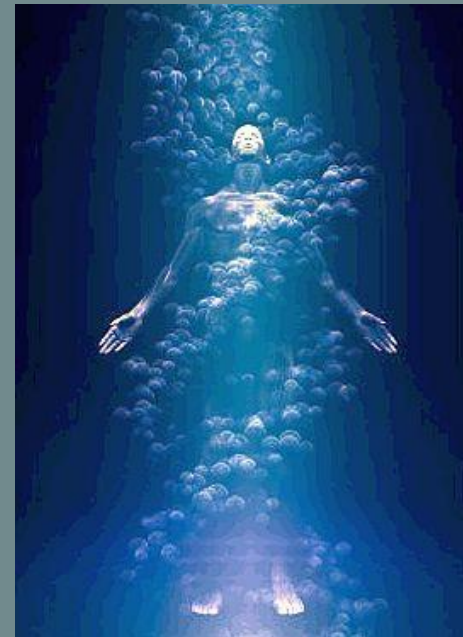
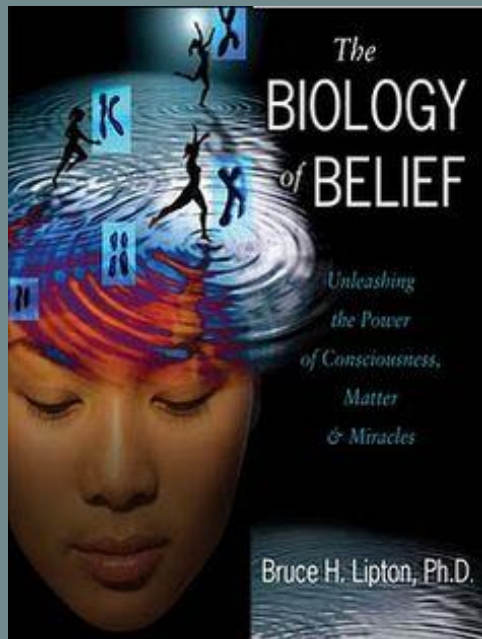




# NLP Techniques for goal setting success

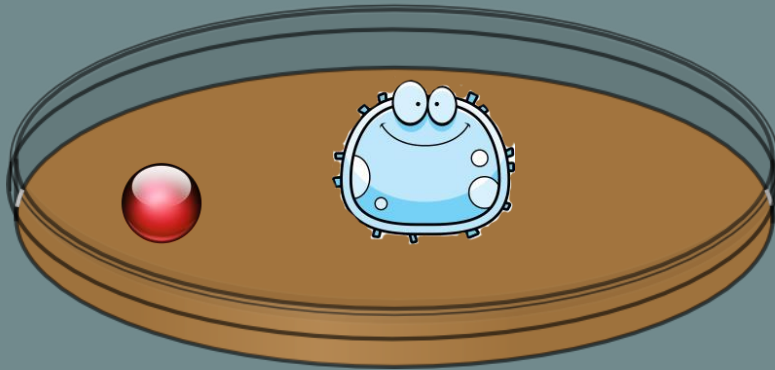


# NLP Techniques for goal setting success



# NLP Techniques for goal setting success

## GROWTH (and reproduction)



## NUTRIENT

Cells will always move towards positive signals

## PROTECTION



## TOXIN

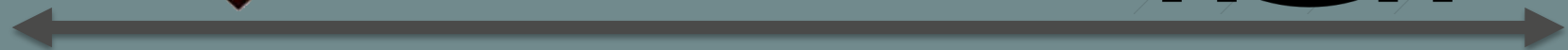
Cells will always move away from negative signals

Cells can not move in both directions at the same time



# NLP Techniques for goal setting success

## Human behaviour



**LOVE**

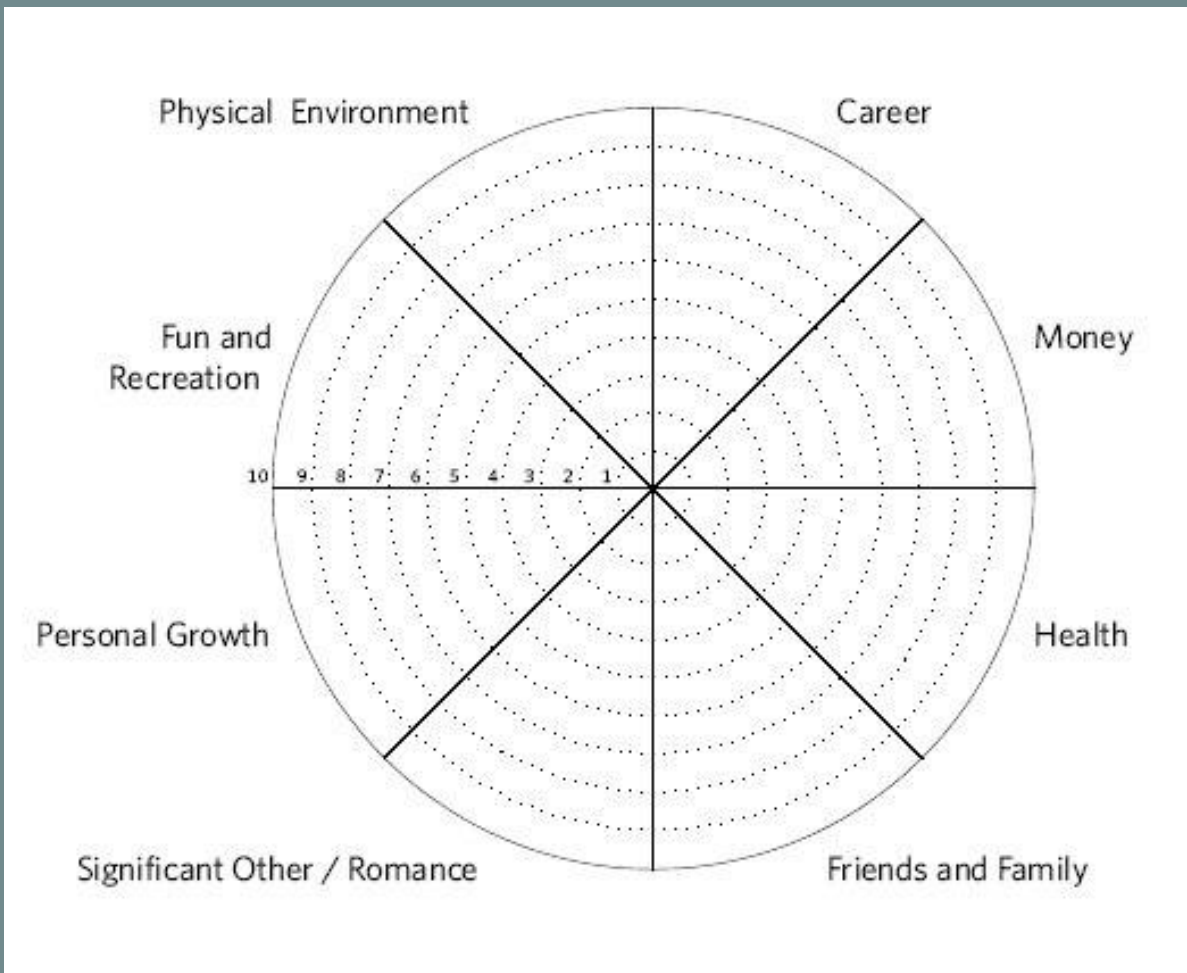
**INDIFFERENT**

**FEAR**

**GROWTH**

**PROTECTION**

# 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

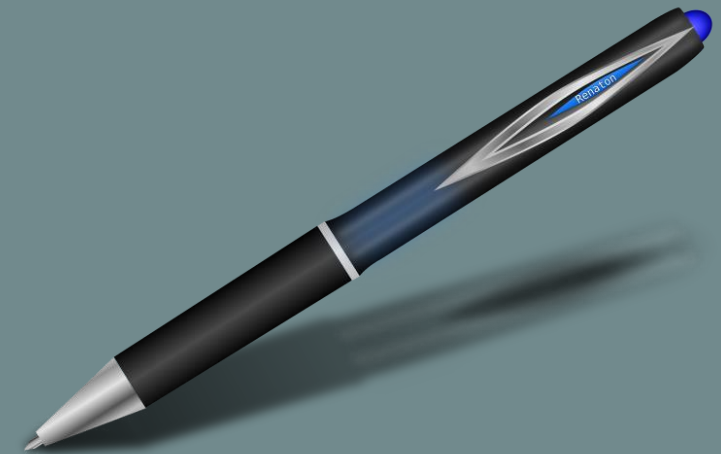
- Don't write your partner's/mother's/boss' goals.
- How badly you want it?
- Don't worry if you don't have a plan to get your goal.





# 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





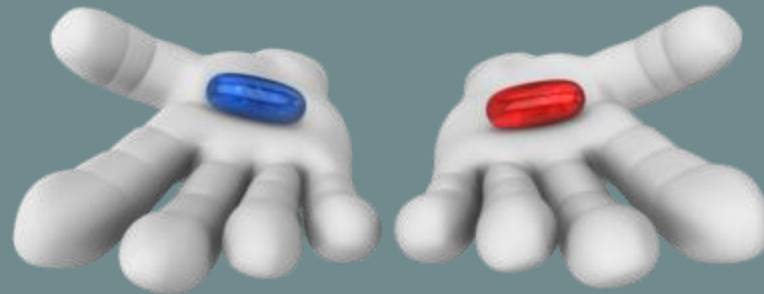
# NLP Techniques for goal setting success

What actions you need to take in order to achieve an 8, 9 or 10 on each area?

| Area               | Actions needed | When are you going to do your actions? | By when you should be finished? |
|--------------------|----------------|--|---------------------------------|
| Career             |                |  |                                 |
| Money              |                |  |                                 |
| Health             |                |  |                                 |
| Friends and family |                |  |                                 |
| Romance            |                |  |                                 |
| Friends            |                |  |                                 |
| Education          |                |  |                                 |
| Life purpose       |                |  |                                 |
| Fun and recreation |                |  |                                 |



# NLP Techniques for goal setting success



Your best year yet or more of the same?



## 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](http://www.yourdoor2success.uk)



# NLP Techniques for goal setting success

# Questions?