



NLP PRACTITIONER CERTIFICATION COURSE

DAY 4

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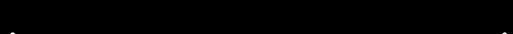


NLP PRACTITIONER

CERTIFICATION COURSE

The NLP system inspires people to achieve their true potential by leveraging unfair advantages to achieve their fullest potential. Start your journey to self-fulfillment and follow your passion for helping others while enjoying a rewarding career in the health and wellness industry. Yogendra Singh Rathore designed a two-day NLP foundation workshop to teach lifelong NLP skills and a step-by-step human mind technology that promotes excellence, wellness, happiness, and holistic development.

- Reprogram your neurons to spark growth
- Increase energy & momentum
- Eliminate mental blocks & patterns of failures, fear & anxiety
- Increase business opportunities
- More fulfilment and purpose discovery
- Increase sense of happiness
- Unlocking the money flow





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01 BELIEFS AND VALUES

02 SWISH TECHNIQUE

03 GOAL SETTING TECHNIQUE



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BELIEFS AND VALUES

BELIEFS:



- WHAT IS IMPORTANT TO YOU?
- WHAT DO YOU FIND WORTHWHILE ABOUT WHAT YOU DO?
- WHAT BELIEFS DO YOU HAVE ABOUT YOURSELF?
- WHAT BELIEFS DO YOU HAVE ABOUT OTHERS, MONEY, RELATIONSHIP, ETC.?
- THE MEANING OF BELIEF IS WHAT YOU CONSIDER TO BE TRUE IN
- YOUR MENTAL WORLD.
- HUMAN BEINGS CAN GENERATE BELIEFS ACCORDING TO THE ENVIRONMENT.
- YOUR BELIEF INFLUENCES YOUR CAPABILITIES & BEHAVIORS.

FOR EXAMPLE:

- YOU THINK THE ONE WHO GETS A PROMOTION BEHAVES OTHERWISE, OR YOU BELIEVE IN DOING WORK ACCORDING TO YOUR PAY SCALE.
- YOUR BELIEF IN CONTROLLING HOW MANY SKILLS YOU'RE PRODUCING OR NOT MEANS IT WILL NOT LET YOU UPGRADE YOUR SKILLS INTERNALLY.
- THAT'S WHY WE ALL HAVE BELIEFS OF OUR OWN, PEOPLE, SOCIETY, COUNTRY, WORLD, UNIVERSE & GOD.



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VALUES

THE MEANING OF VALUE IS WHAT IS IMPORTANT TO YOU NOW.



- LOVE
- MONEY
- RESPECT
- FAME
- FAMILY
- WEALTH
- ABUNDANCE
- POPULARITY
- POWER
- SPIRITUALITY
- CONTRIBUTION
- RELATIONSHIP
- PASSION
- HUMOUR
- GROWTH
- PEACE

- A PERSON CAN ONLY FEEL FULFILLMENT IN HIS LIFE WHEN HE'S GETTING THE CHANCE TO LIVE HIS TOP 5 VALUES EVERY DAY.
- FULFILLMENT COMES THROUGH YOUR VALUE ALIGNMENT.
- YOU CAN ONLY PRODUCE GUILT WHEN YOU DO SOMETHING MISALIGNED WITH YOUR VALUES.
- YOUR BELIEFS EXPRESS YOUR PURPOSE, IDENTITY, AND VALUES.



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SWISH TECHNIQUE

DEFINITION:

THE SWISH TECHNIQUE IS A NEURO-LINGUISTIC PROGRAMMING (NLP) METHOD THAT SHIFTS UNDESIRABLE BEHAVIORS OR THOUGHT PATTERNS BY CHANGING ONE'S IDENTITY. IT INVOLVES VISUALIZING AN UNWANTED BEHAVIOR AS AN IMAGE AND CONTRASTING IT WITH AN IMAGE REPRESENTING A DESIRED BEHAVIOR OR IDENTITY. BY REPEATEDLY "SWISHING" THE NEGATIVE IMAGE WITH THE POSITIVE ONE, INDIVIDUALS CAN REPROGRAM THEIR SUBCONSCIOUS, PROMOTING PERSONAL GROWTH AND TRANSFORMING LIMITING BELIEFS INTO EMPOWERING ONES.

SWISH MEANS HOW WE SHIFT OUR IDENTITY.

IDENTITY

"IDENTITY MEANS WHAT YOU PUT AFTER 'I AM'."

IT REFERS TO HOW YOU DEFINE OR DESCRIBE YOURSELF WHEN YOU SAY "I AM" FOLLOWED BY CERTAIN QUALITIES, ROLES, OR ATTRIBUTES.

ONCE YOU IDENTIFIED THEN IT WILL CONTROL YOU.

TYPES OF IDENTITY:

1. SPECIE IDENTITY
2. GENDER IDENTITY
3. NATIONAL IDENTITY
4. RELIGIOUS IDENTITY
5. ROLE IDENTITY



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APPLICATION OF SWISH TECHNIQUE:

- HABIT
- ADDICTION
- ANXIETY
- ALLERGY
- DISEASE
- PROCRASTINATION
- SMOKING
- BEHAVIOUR
- PHOBIA
- OCD
- WEIGHT LOSS
- LOW CONFIDENCE
- PUBLIC SPEAKING.

STEPS FOR SWISH TECHNIQUE:

PHASE 1:

- **STEP 1:** PICTURE THE CURRENT IMAGE OR SITUATION IN YOUR MIND.
- **STEP 2:** IMAGINE PUTTING A FRAME AROUND THIS IMAGE. THE FRAME CAN BE MADE OF WOOD, PLASTIC, OR EVEN METAL – WHATEVER FEELS RIGHT TO YOU.
- **STEP 3:** ONCE THE IMAGE IS FRAMED, MOVE IT TO THE SIDE FOR NOW.



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PHASE 2:

- **STEP 4:** NOW, THINK OF THE IMAGE OR SITUATION YOU WANT TO HAVE INSTEAD, LIKE BEING HEALTHY OR WEALTHY.
- **STEP 5:** PICTURE A GOLDEN BOWL IN YOUR MIND. PUT YOUR DESIRED IMAGE RIGHT IN THE CENTER OF THIS GOLDEN BOWL.

PHASE 3:

- **STEP 6:** BRING BACK THE FIRST IMAGE YOU FRAMED EARLIER, THE ONE YOU WANT TO CHANGE.
- **STEP 7:** IMAGINE THAT IN THE CENTER OF THIS FRAME, THERE'S THE GOLDEN BOWL YOU JUST CREATED WITH YOUR DESIRED IMAGE INSIDE IT.
- **STEP 8:** AS YOU HEAR THE "SWISH" SOUND, SEE THE FRAME SHATTERING FROM ALL SIDES, AND WATCH THE GOLDEN BOWL GROW BIGGER. THE DESIRED IMAGE STARTS TO COME OUT OF THE BOWL, AND NOW YOU SEE YOURSELF WITH THIS NEW, POSITIVE IMAGE.



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GOAL SETTING TECHNIQUE

GOAL MASTERY:

MICRO GOAL ACHIEVING:

STEPS:

1. WRITE DOWN AN ACHIEVABLE GOAL THAT YOU WANT TO ACHIEVE IN THE NEXT 10 DAYS.

ALSO, WRITE DOWN 3 REASONS WHY YOU BELIEVE YOU CAN ACHIEVE IT.

2. WRITE DOWN THE DESIRED EMOTIONAL OUTCOME, WHAT IS THE BENEFIT OF ACHIEVING YOUR GOAL?

3. WRITE DOWN THE BIGGEST POTENTIAL OBSTACLE OR SABOTAGING BEHAVIOR THAT MIGHT PREVENT YOU FROM ACHIEVING YOUR GOAL.

4. WRITE DOWN YOUR PLAN TO OVERCOME YOUR POTENTIAL OBSTACLE. DETAIL YOUR STRATEGY AND VISUALIZE AND FEEL YOURSELF OVERCOMING THE OBSTACLE.

5. TAKE FIRST ACTION RIGHT NOW!

6. COMMIT

I FINISH WHAT I START

I KEEP MY WORDS

7. WRITE DOWN YOUR ACCOMPLISHMENT EVERY DAY NO MATTER HOW SMALL. REWARD YOURSELF



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IDEAS FOR REWARDS:

REWARD IDEAS:

- DINNER AT YOUR FAVOURITE RESTAURANT
- MASSAGE AT RELAXING SPA
- WEEKEND GETAWAY
- NEW SPORT EQUIPMENT
- NEW JACKET/DRESS/SHOES
- TICKETS TO CONCERT
- SAILING...

LETTER FROM FUTURE SELF...