

# LIVING WITHOUT LIMITS

DAY 2 WORKSHEET

# A MESSAGE FROM YSR

The NLP workbook is the most comprehensive guide to Neuro-Linguistic Programming. It contains all of the primary content in the form of exercises, suggestions, and additional resources to go further.

It is referred to as a "workbook" due to its practicality. It works, and its concepts and strategies can alter your life and the world around you.

It is not a workbook in the sense of hard work - NLP is remarkably easy, intuitive, and entertaining.

## PURPOSE

NLP is about your experience - knowing the world and everybody in it, doing what you do, and making your existence with its levels and profundities.

You'll learn how to see, hear, and feel more of the world, get to know yourself better, and understand others better with the help of this book.

This book will be a valuable resource for integrating what you already know about NLP and providing you with new concepts and exercises.

The recording of Day 2 of my LWL-NLP Workshop served as the basis for this book.

This book results from rearranging, changing, adding, subtracting, and transforming that recording.

I hope that I have preserved most of the original's clarity and conciseness by doing so.

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### THINGS WE HAVE DISCUSSED ON DAY 1

- 5 Stages of life with current & desired state
- Techniques, tools, and strategies take us from the current stage to desired stage irrespective of which area we are looking for a transition.
- N means neurology - L means linguistics & communication - P means programming.
- Three personalities- dreamer-critic and doer.
- Practical exercise on frequency
- Worlds of meta-consciousness and consciousness.
- How your mind produces diseases in your body.
- Introduction of money blueprint



## LIVING WITHOUT LIMITS DAY - 2

### PHASE 01

# INTRODUCTION TO THE PSYCHOLOGY OF HUMAN MOTIVATION: 6 PIP'S



# LIVING WITHOUT LIMITS DAY - 2

The full form of **PIP- PRE-INSTALLED PSYCHOLOGICAL NEEDS**

- **WHY IS CALLED PRE-INSTALLED?**

It is called pre-installed because when you are born, these needs are hardwired into your nervous system. There are a total of 6 needs but with different priorities.

## LIST OF THE NEEDS:



01  
**CERTAINTY**



02  
**UNCERTAINTY**



03  
**SIGNIFICANCE**



04  
**CONNECTION**



05  
**CONTRIBUTION**



06  
**GROWTH**

**These six needs** are in our nervous system, but the top two will decide the direction of your life, and when it is not fulfilled, you will be living an unfulfilled life, which also affects your relationship and the other jobs.

So now let's understand the needs and how it works in our life.



# LIVING WITHOUT LIMITS DAY - 2

## 01 | CERTAINTY



**You can also define** the need for certainty as security, safety, and comfort. We all desire our life to be certain and secure at some point. But if a person considers the need a priority, the biggest concern will be his security and comfort. That person will not choose to take a risk and will always love to live in the same pattern.

**He doesn't want any more experimentation in his life.**

**In the Gallops Organization survey**, people were asked about their job satisfaction. Even though **85 %** of people denied it, they continued to work **8 to 10 hours** per day because they believed that even after **30 days** of hard work, their child's education would be secure, EMI and rent issues would be resolved when the salary was credited to their account on the first day of each month, and they would be motivated to work again for the following month.

**That's why everyone** always advises finding a stable job. As a result, security will ultimately be a top priority for many people driven by security. As a result, they prefer to follow the same routine throughout their lives and cannot take risks occasionally. The majority of youth driven by security adhere to a box-to-box lifestyle.



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## DEFINITION OF BOX-TO-BOX LIFE

**Wake up in your box**, use the bathroom in your box, do your chores, go back to your car box, watch TV in your box, and then close the door to your bedroom box each day.

**This is a box-to-box life**; if you don't explore, experiment, take risks, face challenges, and maintain a safe-playing attitude, the same patterns, behaviors, and rituals will continue daily.

People who are driven by security and comfort are known as this.

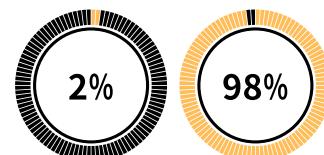


# LIVING WITHOUT LIMITS DAY - 2

## WHY DO WE FORM BELIEF SYSTEMS?

A **mechanism** in your brain allows you to create a belief system. People hold numerous beliefs regarding God, people, the world, relatives, success or failure, good or bad, karma, hell, heaven, and the previous life.

Because we all live on a planet where we cannot control everything, the human brain has the idea to form a belief system because it is aware that this system will provide them with a sense of security, safety, and comfort. Either you haven't created gravity or electromagnetic forces, or you don't know how the solar system will work. Only **2%** of you will know the universe, while the remaining **98%** do not.



How will you cultivate psychological comfort in the unknown in a completely uncertain world? You create it through a set of beliefs that give you the impression that you are in charge, that you know yourself and the world, and that this will make you feel at ease.

**Therefore**, I occasionally assert that God is a psychological need. Suppose that the human species evaluation time is zero. If that is the case, humans will redevelop, and after some time, we will have a god and a higher power because it makes us feel at ease.



## LIVING WITHOUT LIMITS DAY - 2

**Because you will** believe in your mental model that you know this world and understand life, people, and existence, the idea of heaven and hell tries to provide you with psychological comfort.

**Finally**, your brain makes a belief system. The more belief-driven a person is, the more beliefs and rituals he has, including similar patterns.

Have you ever noticed how strong our society's need for safety is that you'll try to meet it for your children in the future?

**You might have** noticed in your surroundings that, except for the groom, the bride expects everything to go according to plan at her wedding. People always select a trustworthy groom, work for the government, or earn enough.

Imagine that a girl has pre-existing psychological traits and marries into a financially stable family with jobs and salaries, but the family denies her employment.

**There's growth in** her pre-installed psychology, and she has a secure family so the girl will live an unfulfilled life. People will not be going to understand the need for the work she desires, reminding her to recognize the comfort she has achieved and advising her to be relaxed.



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**People will not** be going to understand that you will feel empty from the inside when your psychological need will not get fulfilled, and the voices inside start to scream; I want to build your identity because there's a psychological need that is motivating you to do something.

**How many of** you have felt this feeling? From a different perspective, we can see that the person has a car, wealth, and a bungalow but is still concerned and may not feel it.



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## 02 | UNCERTAINTY



**The need for uncertainty** is completely different from the need for certainty. The meaning of uncertainty is variety & newness.

**The need to** experience life. People who pursue the need for a variety of newness always desire something new in their life means they look for diversity and variety.

**Those people like** to take risks and try trekking, river rafting, bungee jumping, and sky-diving and want to explore new experiences and travel.

**They cannot continue** in the same pattern for an extended period; for example, if they are employed, they enjoy switching jobs frequently, doing their business, reading new books, and rejecting the box-to-box lifestyle. They are always looking for variety in their lives, like trying new restaurants, and are willing to try new things.

**Sometimes**, people who like to be different and comfortable won't go to get to know each other and connect. The comfort person asks not to take risks, whereas the variety person wants to take risks.



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**The variety person** likes to roam the entire night, while the comfort person prefers to stay home. As a result, their methods for getting kicked in life are distinct.

Every person tries hard to fulfill their needs either positively or negatively. There is nothing like a bad need or a good need, but the way of doing that can be.

**When people don't** get their needs met positively, they sometimes act badly, and relationships become more complicated.

It won't be easy to be with a variety person in a single relationship because they continue their relationships with multiple partners to get the variety and different experiences they need in life.

**A person who** has been through a breakup or a divorce is more likely to develop depression, blaming themselves for their appearance and abilities.

**Let me tell you**, a lot of times; it has nothing to do with you; It's all about that person who is always looking for something new, whether you or someone else.

Therefore, variety is the second requirement.



# LIVING WITHOUT LIMITS DAY - 2

## 03 | SIGNIFICANCE



**The need for significance** is a need for appreciation, admiration, recognition, power, and popularity.

Everyone likes a little appreciation, but people are significance-driven as they have set their need for significance as the priority. Some will find significance in getting into a higher position, and some will by becoming a businessman, models and actors. Three kids have been asked about their motivation to prepare for IAS for **14 to 15 hours** daily. There's a pleasure in the car's red light, says a kid who states that his hunger drive activates through his need for significance, power, popularity, and fame, which motivates him. The second kid was asked then, and he said he could contribute to people's lives by being an IAS and creating a difference to bring change instead of complaining.

**So they both are preparing**, but the drive which the 2nd kid has is completely different, and at last, their journey, path, and success will be completely different.

The **3rd** one was asked, so he reverted that he belongs to a hostile family to get a decent and secured job after being an **IAS**, and his life will be better.



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There's the same hard work and action, but the source of motivation is different for everyone. The source comes from various places, so I said it is **PIP**, and you are being hardwired for it.

**According to research**, the starting of the criminals has been activated through the source of significance.

**A slum kid whines that** he doesn't get noticed, so one day he uses a knife and gun, and the people around him will start to notice him. So, he knows that if I want to be important, I have to go this way, and that's how his criminal career begins.

**As a result**, individuals will become actors and stars and demonstrate significant wealth.

Students sometimes start smoking because they feel like they need to be noticed, which shows how cool schools are. Even in the past, advertisements for particular cigarettes were made solely to make a point.

**All high-end brands**, like Gucci, Prada, and Lui Vuitton, cater to high-profile and VIP culture.

**To achieve significance**, many people adopt the victimization and self-pity mentality. If you haven't noticed, when our children cry, we tend to catch them immediately. As a result, a newborn baby's brain is studying the world and devising strategies to get our attention when they cry.



## LIVING WITHOUT LIMITS DAY - 2

The child will learn that people notice and pay attention to him more quickly the faster I cry. When a child has developed a strategy, you can't see the tears on his face when he cries loudly.

**Once a kid grows up,** he still carries that strategy along, which is why you find people who cry in every situation.

But you need to understand that the cry there is not physical; it is psychological to present themselves as a victim and always talk about their failures, losses, lack of success, and how they have been cheated, jealous of him, and always tell you the story of their victimhood.

**How many of** you blame your husband, wife, kids, parents, in-laws, destiny, people, time, country, or any of your worst situation and carry victimhood with you like the entire universe is against you and do not let you get success?

**This is also a part** of getting significance. If you have older people in your house who are frustrating you or making you angry every time, then try to recognize the need instead of the behavior because there is always an unfulfilled need for something behind the certain behavior. So, ultimately their subconscious is creating various behaviors to get the significance.



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**Sometimes**, your subconscious will go beyond your imagination, and in some situations of illness, there's a possibility that your subconscious will suppress your immune system so that you will get more symptoms of illness and people have to give you attention.

**There is a child** in school who does well and gets praise from his teachers. He is eight years old. In any case, when his parents have chosen to bring another child, the way of behaving of the other youngster is upset. Because he lowers her school grades, the child's parents eventually become enraged and only observe his behavior rather than his diminished significance. As a result, the child employs various strategies to obtain his signature.

**There are deep-rooted** causes behind our behaviors and habits which drive that behavior.

**Always remember that** whatever work you're motivated for is driven by your psychological need.

**The Uncle will** always find their significance in weddings because they are not getting any in a house, so they don't miss the chance.



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## 04 | CONNECTION



**A need for connection** is a need to feel connected and care for people.

You might have seen people in your family who love to care for others, are always available for everyone, always active in groups, and are a part of communities, so the people who are connection-driven do not feel fulfilled until they get the sense of community and all.

**The people disturbed** more by covid are those who are connection driven. Because there was isolation and people couldn't meet each other nor they could hear or feel the presence along with the function of communities.

**In these personalities**, people always keep their egos aside and try to maintain relationships and connections. They make losses sometimes while helping us.



# LIVING WITHOUT LIMITS DAY - 2

## 05 | CONTRIBUTION



**People with contributions** need only feel fulfilled in life when they make some contribution to people's lives. If they are not contributing or helping anyone, they won't feel fulfilled; they will always feel emptiness.

Contribution-driven people are those who leave their jobs and run **NGOs** and are the ones who are affected by people's problems, and somehow, they want to bring the solution to it if they're not interested at all.

**A person will help people** for his fulfillment instead of help.

Your brain carries the hidden agenda along, and the brain's psychological need is fulfilled. That's why he's doing this.

**Whenever you're helping** anyone, you feel that you're helping someone else, and once you do not get the fulfillment, you will stop.

**Why is everyone** not offering service as Ratan Tata? Because the number one priority for him is contribution. Why is one person a contributor, and why is the other not?



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**T**here's a deep neurological reason behind it because the person is seeking fulfillment, and the source of it is a contribution, so whenever you give, you give it to yourself. If I talk about myself, I only get fulfillment by sharing my knowledge with everyone. If I stop doing that, I'll not be able to survive like that as it feels like something is stuck inside me, and that's why I'm sharing, and since I'm giving it to myself, I'm giving my best.



# LIVING WITHOUT LIMITS DAY - 2

## 06 | GROWTH



**Those who require** development will always want to advance. They can't remain at one stop. They expand because they want to advance in business. Because they are growth-driven personalities, people like Elon Musk and Shah Rukh Khan put in **18 hours** of hard work daily. They have everything, except they are not driven by those things driven by development. Some people who work on personal development are always looking for new things, learning about everything, improving themselves, and checking to see if they're getting better.

**You can see that** Virat Kohli has an extraordinary routine—making six packs, working hard, and eating vegetarian food that he doesn't even have to do because he wants to be the best version of himself.

**On the off chance** that all of you are staying here and going to this program toward the end of the week, all of you have a seed of development in you that brings you here.



# LIVING WITHOUT LIMITS DAY - 2

**MY TOP THREE NEEDS ARE:**



**What are your top three needs?**

I believe your vibe **attracts your tribe**.

Through an **NLP assessment of 1 and a half hours**, you can major your exact needs, and then after, you can audit it accordingly with the alignment.

**So, when our needs are misaligned**, they exist in ourselves as stress and incongruence, overwhelm, brain fog, and distraction.

**What is the use of it?**

It is used especially in your relationships and business. If you apply these two concepts with great understanding, you will have a powerful effect on your relationships, business, and money.



## LIVING WITHOUT LIMITS DAY - 2

### Example: 01

**There is a husband** driven by growth and a wife driven by connection, but neither of them is aware of PIP. His wife always complains that he is always working and doesn't take her out to eat, see a movie, or spend time with the kids; what's the point of working so hard and making so much money? If it's not too much trouble, invest some energy with us.

**The husband changed;** you don't even care how hard I try to fulfill everything because I have to look out for our future, and everything I do is because of you.

**They both continue** in this manner, resulting in miscommunication as a result of the husband's belief that his wife does not fully comprehend the situation and the wife's belief that she is not the priority of her husband. As a result, there becomes psychological resistance between them.

**Because of this,** I always advise matching PIP, at least when choosing a spouse.

**Although love can** initiate a relationship, it cannot maintain one.

Some relationships grow and change over time, while others end and remain the same.



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If you want a relationship that is always changing, you must always take care of your partner's needs and figure out how to help them meet their needs. Then, when you see your relationship growing strongly, keep up the good work.

**However**, if you are unaware, crates will always be misunderstood.

I currently run three businesses, have a **1.40 CR** evaluation, and serve as a mentor. I always look for PIP when I take a startup or invest in something.

**A product can** succeed on the market if it meets more than three **PIP**. In addition, your customer may develop an addiction to it.



## LIVING WITHOUT LIMITS DAY - 2

### Example: 02

**Audit favorite products** called reels, videos, social media, and Instagram.

- **Is there comfort in social media?**

**We get so much** comfort by using social media as we can get details about people's lives with just one click. So that is what we call comfort. Through social media, people also make relationships comfortable.

- **Is there a variety on social media?**

**You will find** plenty of varieties on social media content. You will get unlimited varieties, i.e., new songs, podcasts, reels, and knowledgeable videos.

- **Is there a significance of social media?**

**There's a competition** for significance in likes & followers. People celebrate their 100 followers. Social media has so much significance that people create disorders through it.

**People compare themselves** with others' lifestyles through significance and deem themselves in terms of their jobs and lifestyles.



## LIVING WITHOUT LIMITS DAY - 2

**Let me show you the reality by saying that no one is happy or beautiful the way they project themselves on social media or their Facebook page.**

You do not have to worry about it, as people don't project their failures and losses.

**So don't judge your life through it.**

People shoot and take risks from dangerous places to increase their followers and get that significance.

• **Is there love and connection on social media?**

We would not have gathered together without love and connection on social media.

Earlier I went to Bangalore, Mumbai, Pune, Delhi, Kolkata, Ahmedabad & Surat to do my programs but today, the people of Assam, UP, and Andaman Nicobar Island are also a part of the program.

**So, today everyone** can attend my program through various countries from all over the world, but if I continue to do physical programs, I won't be able to reach those people with whom I can connect easily today.

**So there's lots of love & connection there.**



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- **Is there a contribution to social media?**

**There's enough contribution** in it. You might have seen people from the village also become famous through it, and they get recognition. We can also develop the community and do something for someone by creating motivational videos, raising a voice on any social topic, creating democracy, etc.

- **Is there growth in social media?**

**There's unlimited growth in it.**

So these six needs are fulfilled in social media, which is why it became a hit today.

**Everyone with self-development**, significance, and connections, but people will access those needs which they can follow.

My three businesses run through social media, and their marketing and branding are done through it.

**Social media is not a platform to post**, like, and share things. It presents a significant chance for development. My online courses are getting a lot of attention and support from people who buy them.



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This year, my total growth revenue from social media is **5,06,31,209.48**. Individuals from a variety of nations are currently purchasing my courses.

Don't give the same award to all of your employees if you're a businessman; it didn't work.

First, remove the **PIP** and give special thanks to some of them in front of other people.

**One of those 10% of people** who do their regular work and contribute every day without expecting an award is contribution-driven.

**Therefore, NLP's pre-installed psychology need, PIP,** can greatly assist you in expanding your business, relationships, investing, and other endeavors.



# **LIVING WITHOUT LIMITS DAY - 2**

# **NOTES:**



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## LIVING WITHOUT LIMITS DAY - 2

### PHASE 02

# 4 TYPES OF PERSONALITY



## LIVING WITHOUT LIMITS DAY - 2

**This is the most important topic for everyone to get a breakthrough.**

There are four types of personalities, and it decides how you process the data.

Your brain is attempting to process **15 million** bits per second that you are processing.

**This data is** processed differently by each of us; this is why we sometimes come across people with faces that are similar to our own, or when a baby boy is born in our house, people will say that it looks like his father or mother. When they both see the same person, why is the concept different?

**NLP divides you** into four types because we all process things differently rather than in the same way.





## LIVING WITHOUT LIMITS DAY - 2

### 01 | VISUAL



We go to different environments and process different data. So the AD people will always give more importance to visual information. They have enough visual content whenever they store any information in their visuals. Visual people always give preference to judgment through people's skin color, looks, and clothes, and they're very particular about that. That's why the color will be the most important for them whenever they make any purchasing decision.

A visual person will agree to pay more for his favorite car in his favorite color, but he will not give up on the color.

No matter how successful a person is, the visual person will always say that he has made a poor decision when selecting clothes with good colors.

No matter if a person has a BMW or any other positive qualities, a visual one will always comment on their color choices.

Visual people speak more quickly because they think in terms of images and move more quickly. They also explain with their hands.



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**Because he is reading** through images rather than words, a visual person will not be bothered by the voices in his immediate environment. In addition, they attempt to visualize the answer location in exams to retain the information.

**Visual people are** driving the view industry. The amount will be determined by the hotel or flat balcony view. They will give an additional sum to get the view they need.

**No matter what**, a clear screen is essential for a visual person; if not, he may become easily disturbed.

You will find the "**DEKHO**," "**DEKHIYE**," and "**DEKHO JI**" words while having a conversation with them.



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02 | AUDITORY



**Audio people give** more priority to the audio instead of visuals. They start judging you from the moment you start speaking.

They will use more words like "**SUNO**," "**SUNIYE**," and "**SUNTE HO**" in their conversation, and they study by speaking.

**An Audio person** can easily disturb by the voices of the surrounding. The entire family will disturb if the audio person has exams.

**The audio people** don't care about the view. They will adjust by audio, and instead of spending an extra amount for the view, they will manage how it is figured out on a low budget. He will decide to purchase a car by knowing diesel makes less noise.

**Audio people love** to listen and speak, and they speak at a little slow speed. Just like Manmohan Ji and Bajpai Ji, these personalities are audio persons.



## LIVING WITHOUT LIMITS DAY - 2

**You always notice** those people speaking slowly as firstly, they start the conversion in mind; then they speak it loudly in the outer world; that's why sometimes while speaking in English, you become audio as when your mother tongue is Hindi. Indeed, when you speak English, you will first speak inside and then speak outside.

**So there was not so** much fluency for audio people. Moreover, you will find audio people as stable as they don't do more hand movements.



# LIVING WITHOUT LIMITS DAY - 2

## 03 | KINESTHETIC



In NLP, "kinesthetic" refers to people who lack emotion. These individuals are energy delicate and don't pass judgment on others through their voices and garments. Instead, they can detect the vibes and energy of others. They believe the person is good for them if they sense positive energy, while if they sense negative energy, they believe the person is bad.

For that kind of person, words like energy, vibe, healing, and intuition are important. Furthermore, they can't speak faster as they have a soft tonality and live their lives as feeling-oriented.

Their every decision comes through feeling; if they get the feeling, they do it.

So, this kind of person is a kinesthetic and feeling-based person.





## LIVING WITHOUT LIMITS DAY - 2

### 04 | AD - AUDIO DIGITAL



The meaning of **AD** is **audio-digital**. These people are highly logical and analytical and always looking for a reason. They can be disturbed if they will not get the answer for their why. They always try to find useful things and are very knowledgeable as they have a habit of reading and learning.

**They gathered a huge amount** of knowledge about every subject. It is rare when you bring out a topic in front of them, and they do not have anything to say.

**The AD person will always** learn everything by taking it in inner dialogue, so the people attending my session and the ADs also have silent inner conversations with themselves alone.

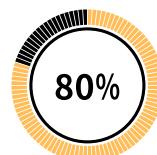
**They do not learn** anything directly, which is why they are referred to as audio-digital.

**Their constant judgment** and internal dialogues continue running while they learn. That doesn't mean that you are criticizing it. They are deep researchers and very analytical, and they can't keep calm by not knowing the answer and solution.



## LIVING WITHOUT LIMITS DAY - 2

But, the sad part is **80% of AD lives** with the feeling of being an underachiever, and they can't be able to convert their potential into results. The people around them are also aware that they have deep potential and knowledge and that sometimes people take advice from them, but they cannot make breakthroughs by themselves.



**They generally know** their problems but cannot turn their potential into performance. Because I know more than he does, AD will think I can do better than anyone else; however, why am I not taking a breakthrough? These symptoms are caused by an analysis/paralysis syndrome in AD patients.



## LIVING WITHOUT LIMITS DAY - 2

### THE DEFINITION OF ANALYSIS/PARALYSIS SYNDROME

**A person becomes so intelligent** in his life that they become paralyzed and can't take action because the pressure of his knowledge pushes him.

So, they can get all the information but can't convert that into powerful action because sometimes there will be perfection in their need along with a deep fear of criticism and overthinking.

**They do so much overthinking** everything that they finish the drive of taking action. Sometimes, they named their procrastination as perfection. Always remember that perfection is a decorated form of procrastination.

**Just because they achieved** the analysis and paralysis, eventually, they started to explain their knowledge to the people instead of taking any action on it.

**Gradually, they learn only to explain** instead of applying it to something and get that pattern because they noticed that whenever I speak something, people understand me as intelligent and they are getting inspired by me also, they are getting breakthroughs, and all of that activates the reward circuit into them, and they think who will do the hard work if people can easily get inspired through my words only.



## LIVING WITHOUT LIMITS DAY - 2

**That's why AD becomes** an over thinker and over-analytical and remains an information gatherer trapped in knowing-doing psychology.

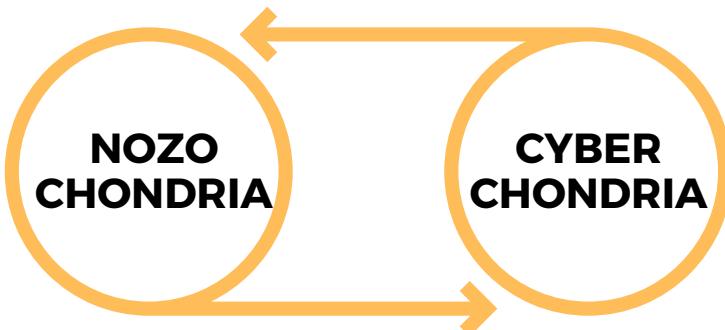
**In NLP, the** knowing-doing trap is only knowing, knowing, knowing, and not doing.

ADs have more chances to get anxiety and overthinking because they are finding answers to everything constantly, so sometimes, if you get heartburn pain or anything, you quickly go to google and search for the syndrome and find reasons for it.

**Google tends to** leave any disease symptoms into cancer and heart attack at last.

**So ultimately, the ADs** get anxious and explain their symptoms in detail to the doctor, and the doctor will get shocked sometimes. If their reports are normal, the AD will doubt the doctor and restart his research of him.

This state, known as a **Nozo chondria & cyber chondria**, is a kind of phobia that ADs will get sometimes.





# LIVING WITHOUT LIMITS DAY - 2

## 01 | NOZO CHONDRIA

**Nozo chondria** is health anxiety where a person feels like getting a heart attack, cancer, or any dangerous disease.

## 02 | CYBER CHONDRIA

**Cyber chondria** is something you started relating to any symptoms. Eventually, when you get Nozo chondria, you will get Cyber chondria.

Imagine these four people (**Visual, Audio, Kinesthetic, and AD**) visiting the Taj mahal; this is how they describe it.

- **Visuals will describe what a view is:** I feel so good to see the ultra-white color of the Taj mahal and the green grass.
- **Audio will be described as:** I feel so much peace.
- **Kinesthetic will be described as:** I can sense the love and connection between Shah Jahan and Mumtaz and the presence of their souls.



## LIVING WITHOUT LIMITS DAY - 2

- **AD** will be described as: is it true that the Taj mahal was constructed 20 years ago? Is it really that people have cut off the couple's hands? What is the name of the marble used in constructing the Taj mahal? And then after he explained everything to everyone about what had happened.

**If AD comes into action, they can do great things.**

Albert Einstein was AD and visual. Highly intelligent and action-taker as well.

**Dhoni** - very AD and kinesthetic. Mainly the major athletes are kinesthetic as they have body intelligence.

**Albert Einstein** created the thought experiment because he was number one in AD and number two in visuals. After that, they did experiments.

**Stephan Hawking** served as a visual and AD; He could easily think of equations.

The majority of mathematicians are ADs. Visuals include actors, directors, editors, designers, and architects.

**You can be an AD and a graphic designer, but you won't be able to do either of those things well.**



## LIVING WITHOUT LIMITS DAY - 2

**You will not be an exceptional designer; rather, you will be an average designer.**

Only you can achieve extraordinary success when your personality type matches your field.

**Writers of crime fiction, thrillers, and other genres who are also visual and auditory deficient can concentrate on the smallest of details, and by doing so, they can also create fantastic scenes.**

The brilliant audio of the poets and singers sometimes makes them sound like audio.

Most healers are kinesthetic. They heal using energy, and athletes like Virat Kohli are kinesthetic.

**Sportspeople rarely have to be both: kinesthetic and dementia.**

Pioneers are generally visionary, so they are visual. Put the audio into tally calling if you are running your business, as they also enjoy talking and listening. Therefore, audio people should be appointed for customer service because they will speak well, set the visuals in creative works, and set the pure ADs in the R&D department. The HR department would benefit from using kinesthetic because they make connections and easily connect with people.



## LIVING WITHOUT LIMITS DAY - 2

**While kinesthetic people** can feel other people's pain while cutting a body like a doctor, I'm not saying that every doctor is the same because we also impose the goals in society. You can also be a doctor under the pressure of your parents. After witnessing the suffering of others, they may develop depression.

**They have the option** of alternate healing but few opportunities to have surgery. If parents exert pressure, visually impaired individuals may develop CA. You can be a CA, but you can't be exceptional. In addition to AD, advanced designers cannot be designers.

### THE PROFESSION OF AD

- They can also be good teachers, scientists, researchers, coders, and singers.

**In relationships, the supposed husband is kinesthetic, while the wife is audio;** as a result, she enjoys hearing love language, while the husband will act to show his love.

If a wife says, "**I love you,**" the husband will only put his hand on her because that's how he told his wife, "**I love you too.**" When he acts silently, the wife becomes concerned about his behavior.



## LIVING WITHOUT LIMITS DAY - 2

**Therefore**, when your wife is visual, she enjoys wrapped gifts and surprises, whereas AD takes these things as time passes.

She will begin to hear AD explain why other people are influencing her.

**Therefore**, it is better to comprehend what your partner wants rather than advising the logic.

Because he also had two wives, Albert Einstein was unable to comprehend his wife and Stephan Hawking. With only intelligence and IQ, nothing will work.

Elon won't be able to speak well if you notice that he has mucus on. He always says "**umm**" or "**hmm**," and you notice that he speaks in the same pattern.





# **LIVING WITHOUT LIMITS DAY - 2**

# **NOTES:**



# **LIVING WITHOUT LIMITS DAY - 2**

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# **LIVING WITHOUT LIMITS DAY - 2**

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## LIVING WITHOUT LIMITS DAY - 2

### PHASE 03

# MENTAL & EMOTIONAL MASTERY



# LIVING WITHOUT LIMITS DAY - 2

## INTRODUCTION TO STATE

**The most important topic of NLP is the state. Without it, NLP is unfulfilled, and every human must know how to handle their state.**

### WHAT IS STATE?

At any given moment, the state of **80 billion** neurons is in the same situation as your **60 trillion** cells.

- **TWO KINDS OF STATES ARE POSSIBLE:**

#### 01 | POSITIVE OR RESOURCEFUL

Happiness, Joy, Confidence, Clarity, Certainty, Good health, Love.

#### 02 | NEGATIVE/UNRESOURCEFUL STATE

Stuck state, unresolved issues, unfinished agenda, conflicts, Bad memories, abuse bully, Tragedy, accident, phobia, fear, hurt, guilt, grief.



## LIVING WITHOUT LIMITS DAY - 2

- **Why are these states known as positive ones?**

**Whenever you live** in a resourceful state, you have complete access to your resourceful states, and you're connected with them.

### INTERNAL RESOURCEFULLY STATES

(Your intellect, will, focus, decision-making, cognition, patience, skill, and talent, which you can access and express all your internal resources while you are in resourceful states.)

### NEGATIVE/UNRESOURCEFUL STATES

- **Why are these states known as negative ones?**

**You will lose access to** your resources when you are unresourceful. Whenever you get into this state, your intellect, skills, patience, and capabilities will be completely blocked.

**That's the reason** when a person is depressed; he won't be able to do the work properly that he used to do proficiently earlier.



## LIVING WITHOUT LIMITS DAY - 2

In cricket, a state is known as a firm.

**The firm is made up of 2 things.**

- For any player



**A firm is a state** that does not access the skill when disturbed.

Players like Rohit Sharma, Dhoni, and Virat Kohli are out of shape; they have sufficient resources, whether they are a state drive resource, a glance resource about lift, shot, square cut, late cut, or cover drive, but you will be disconnected in games where they can perform at their best.

**You'll be like** a person with a lot of money and wealth but forgetting the locker code. That indicates that although you are technically wealthy, you have no use for it.

**We want to flee the resource-poor state.**

Smoking, rage, and greed are all insignificant ways to motivate yourself. In contrast to anger, resourceful states can provide meaning, purpose, and accomplishments.



## LIVING WITHOUT LIMITS DAY - 2

**However**, people say that this is not a sanitary practice. Now and again, envy can likewise spur you, yet that isn't sterile.

What happens in unresourceful states is you will get into a stuck state.

When you are in a stuck state, you have been hurt in the past or feel like you failed, are guilty, or regret something, and you are unable to make new choices. These are states known as stuck states. That stops you at certain points, preventing you from experiencing the desired momentum.

Somebody might be in well-being, experiencing an illness, having poisonous connections, or feeling monetarily stuck. Whatever area you feel is stagnating and where you are not expanding.

**We can't stay stuck for long; we must get out of it.** The problem is that because we cannot handle this environment, people, emotions, thoughts, and feelings, the unresourceful states get triggered in us. Every person wants to be in a state of resourcefulness, and we are all chasing the resourceful state.

**As a result**, the entire game is likely to remain resourceful.



## LIVING WITHOUT LIMITS DAY - 2

**It's not always necessary** for high performers to be the most intelligent. Most of the time, they can manage their stage because they live in a resourceful time.

- **Why do athletes require mentors?**

**Sachin Tendulkar** and **Virat Kohli's** coaches aren't as good at playing as he is, but they help athletes maintain the resourceful states they already possess, which is why they can express it.

Their access will be stopped as soon as they reach an impoverished state.

Because he lost all resources, Hanuman ji could not cross the river. Someone will assist you in overcoming any doubts you may be experiencing; then the state is resourceful. Psycho-coaches are sometimes used in cricket to induce unreliable states.

**Similar to Arjun**, who can shoot arrows but cannot explain it. It will not be effective until the resistance is removed.

**So here, the thing is not about talent**; it's about how resourceful you can be.



# **LIVING WITHOUT LIMITS DAY - 2**

## **NOTES:**



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## LIVING WITHOUT LIMITS DAY - 2

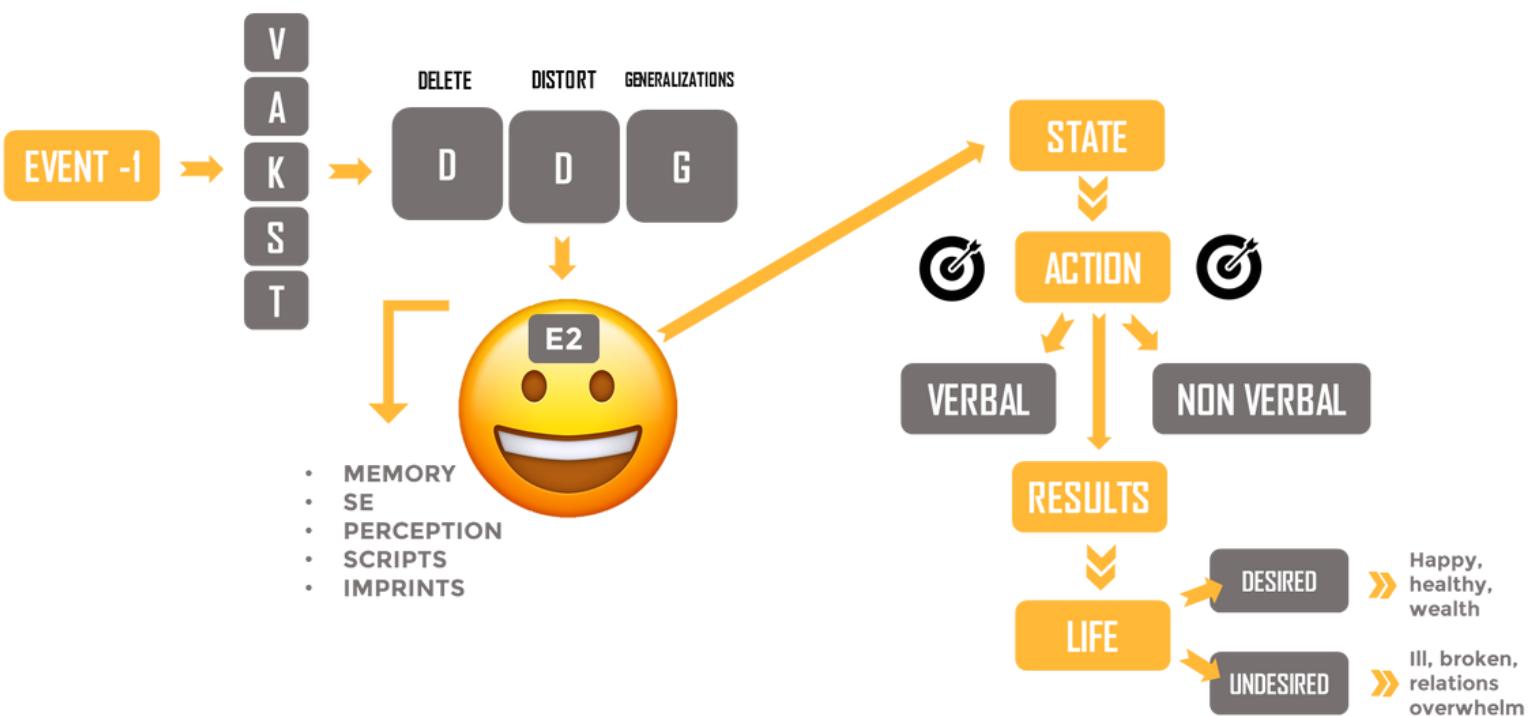
### PHASE 04

**THREE FACTORS THAT  
INFLUENCE YOUR  
LIFE GOALS, ENERGY,  
HEALTH & BUSINESS**



# LIVING WITHOUT LIMITS DAY - 2

- WHY THIS NEGATIVE / UNRESOURCEFUL STATE IS GENERATES IN US?



## EVENT - 1

(In your world, the everyday event happens (you are attending this seminar, had lunch, woke up in the morning)

**You capture such events through your environment.**

- There are 5 Senses of yours:





## LIVING WITHOUT LIMITS DAY - 2

**After receiving these 5 data**, you are not directly perceiving it; before making it perception, you delete and distort, add your color and give it a new shape called **E2**.

**E2 means you have generalized**, deleted, and distorted means you have filtered it through your past values, beliefs, identities, knowledge, and experiences and made it ready to send all the data which goes into your brain's different areas and integrate it at one place and then after you give it a name.

The size of the filter is determined by what will be removed and what will remain. The information I'm providing is the same because your filters, conditioning, parenting, books, personal experiences, failures, and successes are unique.

But are any of the **675 people** who attend this program experiencing a breakthrough? Or do they each receive the same inspiration? But if the person, the message, and the content are all the same, why aren't they inspired in the same way?

**It is impossible because** everyone is filtering what I say through their beliefs, values, past experiences, and conditioning, which is why it affects everyone differently.



## LIVING WITHOUT LIMITS DAY - 2

**I'm only making noises; you decipher my sounds' meanings.**

The credit is entirely due to you if you are happy and if you become bored.

The data enters your brain as **E2 perception**, and the state is created through **E2**. Memory and subjective experience, perception, scripts, and imprints can be referred to as **E2** and **SE-**, respectively. I called it an inward portrayal of the outside world.



# LIVING WITHOUT LIMITS DAY - 2

## E2- INTERNAL REPRESENTATION OF THE EXTERNAL WORLD

This means you have created meaning in your inner world about whatever happened in your external world.

If you change the E2, the same event can create a different state, which means the same situation can give you a different output.

**Through state, the action will generate.**

- **ACTION HAS TWO TYPES:**

**01 | VERBAL**



**Example:**

If you are angry and get verbal anger, you will speak foul words.

**02 | NON - VERBAL**



**Example:**

If you are angry and get verbal anger, you punch the other person. Every state generates action, and every action will generate results.



# LIVING WITHOUT LIMITS DAY - 2

- **EVERY RESULT GENERATES YOUR LIFE QUALITIES**

## 01 | DESIRED



Happy, Wealthy, Healthy, Love, Peace, Calm, Clarity, Focus, Love.

## 02 | UNDESIRED



Broken Relations, Overwhelm, Procrastination, Blame, Comparison, Complaints, Excuses, Scarcity, and Justifications.

### Example:

- **Event 1** is it's raining outside, and it is called an objective event.
- **Event 2** is a subjective event.
- **When an umbrella seller sees that it is raining, he is overjoyed and thanks God for making rain possible because he will be able to sell more umbrellas and make more money; It affects her financial situation, which causes her to feel grateful to God and return to a positive, resourceful state.**



## LIVING WITHOUT LIMITS DAY - 2

- **A farmer**, who was about to harvest his crops in 15 days, saw the same rain and exclaimed, "Oh Lord! You have ruined my six months of hard work, what my children will do, and my entire life; how unfair and unkind you are. He became anxious.
- **A doctor there**, whose clinic was closed for a long time, said, "This is the flu season" when he saw the rain; I would soon develop an infection and fever.
- **After seeing the rain outside**, someone planned a long drive.
- **After seeing the rain**, a foodie calls and orders hot snacks.

**Now, please notice** that one person is happy, sad, and has developed anxiety, is excited, is worried, and is driving a long distance in the rain.

**Does this imply** that these states were formed as a result of rain? No, your perspective on the situation and your relationship with the rain matters.

**You'll believe it's normal** to be worried, but that's not true. He is depressed and concerned because he does not know about NLP.



## LIVING WITHOUT LIMITS DAY - 2

**Is it likely that seeing the rain will make every farmer sad? No, every farmer will respond to the rain differently.** If they could control the rain, some would say to God, "If they can't, what else can I do about it?" Should I resume farming? I can inquire about my insurance, but how can I arrange the funds if I do not receive them? A person will become resourceful and find a solution in this manner.

**People will say that it is easier to say than to do.**

**Who asked you to perform simple tasks?** Additionally, this is your belief that you focus on trivial matters. Life is hard, and no matter what a mentor or coach says, remember that everything in life is hard and that whatever you learn will be hard, so it's better to be prepared.

**The question you ask yourself when things are easy or hard will always disappoint you and encourage you to expect easy things, and you will stop when you see the hard part.**

**Taking advice from motivational speakers is not a solution that can last forever.** You'll change more as you get closer to the real world.



## LIVING WITHOUT LIMITS DAY - 2

**Discomfort, difficulties, and challenges** are always part of growth. There have been so many challenges in life for great people. So, don't expect things to be easy. Additionally, there are approaches to obtaining solutions for every problem.

### **Always consider this: Is it necessary?**

Instead of focusing on whether or not climbing a mountain is easy or difficult, a person decides whether or not it is worth the effort.

**Because you're subconscious mind functions** like a Google search engine, if you ask questions, your mind will respond similarly if you ask questions.

A door that opens in different places with each question. The first will open in the dark, while the second will open in the light. Without changing your questions, you cannot alter your life's outcomes.

**Therefore, you should always** ask yourself if it will be worth going through this difficulty or pain. Is it understandable to me? Will those around me understand it? Will it motivate other people or not?

- **Easy solutions will make life difficult.**
- **Difficult decisions will make your life easy.**



# **LIVING WITHOUT LIMITS DAY - 2**

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## LIVING WITHOUT LIMITS DAY - 2

### PHASE 05

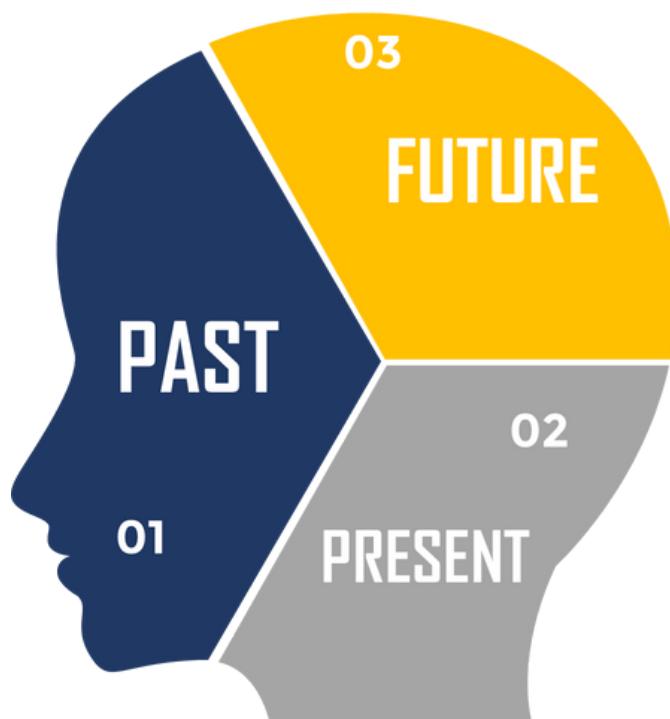
**HOW TO DELETE PAST,  
PAINFUL MEMORIES  
/ GRIEF / HURT**



## LIVING WITHOUT LIMITS DAY - 2

**You have only three issues in your life, and if you resolve these three, nothing else can stop you ever.**

### 3 FACTORS THAT CONTROL YOUR LIFE:



### YOUR PAST, PRESENT, OR YOUR FUTURE

Make your life as complicated as you want, but your life is not as complicated as you think.

- **Learn to handle your past.**
- **Learn to relate and deal with your present situations.**
- **Learn to deal with your future.**

Once you learn the skill, your life will be sorted.



## LIVING WITHOUT LIMITS DAY - 2



**We all keep our life situations** in virtual time. We want to understand the present as a gift, but for most people, it is a present which defines what we have already sent.

**Present means it comes** from your past. You have 80% of problems coming from your past, except for the corona.

- **Your overweight** of today reflects your past food choices and exercise choices.
- **Your present toxicity** reflects what decisions you have made in the past and what you have overlooked in your past.
- **Your bank balance** today reflects your past money conditions.

Because it does not come directly into your present, **80%** of your past choices, decisions, and lifestyles are reflected in your present.





## LIVING WITHOUT LIMITS DAY - 2

**Most people suffer** from memories of hurt, guilt, failure patterns, loss, abuse, bullying, and incorrect childhood programming that interfere with their present circumstances.

**Imagine that there** is a dead rat in your room, that it stinks throughout the house, and you cannot locate the rat. Because that sensation is extremely disgusting, you spray the room freshener in every corner of your room and hope the offensive odor will disappear over time. Because you have addressed the symptom rather than the cause, it is incorrect to anticipate this. Similarly, even as you apply the freshener, the foul odor of your past impacts your relationships, finances, health, and finances.

**In this section,** I will demonstrate how to erase an event from your memory so that you can let go of negative emotions and experience freedom.

**In the timeline,** you have seen the present and the past. There is also one more place you can go to at the end if you feel helpless: your **FUTURE**.

People can ruin your past and present but can't ruin your future because it's still to come When we are forced to lose our future, it is a life-altering tragedy; this indicates that your neurons cannot see the future or the next five to six years of your life or, if they can, they are seeing something darker.



## LIVING WITHOUT LIMITS DAY - 2

**The exit strategy is activated when your neurons recognize the gloom ahead.**

There are two types of exit plans: direct and indirect. Direct exit planning involves taking your own life and allowing others to do the same.

**EXISTENCE INDIRECT** In an indirect existence, you constantly consider issues, cultivate disease in your body, and permit dangerous diseases to expel your nuclei.

Providing your neurons with a bright and beautiful future is crucial to your health and the system's strength.

**This is the reality:** even if you've heard of the OKINAWA Island in Japan, which is mentioned in a book called "IKIGAI," which means "finding purpose and living in purpose," you can still define your purpose and progress at **60**.

**Restore your past, plan for the future, and empower your present.**

To empower your present, repair your past, and provide your neurons with a beautiful future, you need to deal with the appropriate mechanism that can deal with life situations, problems, and issues.



# LIVING WITHOUT LIMITS DAY - 2

## MEDITATION TECHNIQUE

### HOW TO DELETE, ERASE & DISEMPower YOUR PAINFUL & HURTFUL MEMORY

#### NOTE:

You can only select one experience at a time. Through the process of your neurons, we will learn how to get rid of your memory. There will be two results at the end of this method.

**You won't be able to recall what is causing you trouble.**

You will become detached from your feelings in the past and lose your power over them. You will still remember that memory, but you will no longer feel any personal attachment to it, and that memory will no longer hold you.

**People who do not have painful memories can use their failures or losses to comprehend the process because it is not necessary for everyone to have a troubled past.**



## LIVING WITHOUT LIMITS DAY - 2

You may experience anxiety or fear during this process, but nothing is sacred. Because this is a very important and useful method, follow my instructions.

**It would be ideal if you acted by my instructions.**

It doesn't always matter whether a person creates heaven or hell for themselves; He adequately protects that. However, the moment you release your memory, you experience anxiety and the sensation that something is leaving you.

You can cry wherever you feel like it.

**Do not use the exercise area outside.**

### INSTRUCTIONS

**Sit comfortably and close your eyes.**

Imagine a table on the other side of a transparent glass wall in front of you.

**Visualize the table's color.**

**Visualize the table's texture.**

Imagine a television on that table. Only think about one memory from your past.



## LIVING WITHOUT LIMITS DAY - 2

**Imagine watching that memory on that television.**

Color, clothing, visuals, and video format are all visible.

**Imagine that you are** adjusting the volume on that television so that your memory is reflected and that you are using the remote to control it.

**10,9,8,7,6,5,4,3,2,1,0** Try to watch the movie with no volume on and on mute.

Imagine that you are color-controlling that movie into black-and-white, seeing everything in black and white and that the colors gradually fade into black-and-white.

**Relax your forehead and watch this black-and-white movie.**

Paint in black-and-white wherever you see colors.

Take your time, be patient, and make it completely black and white.

Picture using a duster to erase chalk with a digital eraser. Imagine erasing all of the images in chalk with a duster, moving left-to-right and faster, seeing all corners fall out, and seeing a completely blank screen.



## LIVING WITHOUT LIMITS DAY - 2

Keep your attention on my voice and try to picture a completely empty screen when I say **1, 2, and 3.**

**It would be best if you could imagine a TV shooting off like a rocket, crossing the ceiling, and disappearing into the clouds.**

Keep your shoulder, neck, and spine straight with shut eyes.

**1, 2 & 3... hit it! Imagine a TV image disappearing into the clouds far away.**

**Imagine a blank table with your eyes closed.**

**There's a glass wall, and there's a clear table.**

Imagine a blank board and your positive memory (such as being honored or celebrating) in your subconscious, as you are a part of this moment, and it is taking place right now.

Imagine yourself in that situation; you might be happy and smiling, and people praise or celebrate you.

**Make this event more colorful as the mood improves and the colors become more vibrant.**



## LIVING WITHOUT LIMITS DAY - 2

**Allow these positive images and emotions to develop in you.**

Focus on your heart as you imagine this lovely memory, imagining it smiling openly and seeing it smiling.

**If you accept this line,** try to remember the bad memory, and you will only see the blank table.

**If you accept this,** it becomes more and more difficult to remember the more you try.

You will be aware that you are blessed and dissociated even if it comes now.

Rub your hands together and slowly open your eyes to express gratitude for everything in your life.

### **SIMPLY DESCRIBE THE EXPERIENCE IN TWO WORDS:**

**01**

**DELETE**

**02**

**DETACH**

Be aware that it takes two to three seats to forget about this completely.



# **LIVING WITHOUT LIMITS DAY - 2**

# **NOTES:**



## LIVING WITHOUT LIMITS DAY - 2

### NOTES:

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# LIVING WITHOUT LIMITS DAY - 2

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# LIVING WITHOUT LIMITS DAY - 2

## Q&A PART



## LIVING WITHOUT LIMITS DAY - 2

**Q**

### ARE PEOPLE WITH CERTAINTY GROWTH-ORIENTED?

- No, they are not. Growth requires risk and pain. People who are already security driven are not much more into growth.
- These people will run the same shop for years, drive a cab, or continue a single job for years.
- A connection-driven person will choose to stay with a family on a low income instead of grabbing the opportunity to work in Dubai for a high income.
- The growth-driven will directly grab that opportunity.

**A**



## LIVING WITHOUT LIMITS DAY - 2

# CONCLUSION



## LIVING WITHOUT LIMITS DAY - 2

Let go of your limitations and start fantasizing about what you can be, do, and be; nothing is more important or effective.

***"You must have big dreams because only big dreams can change people's minds."***

The author claims that so many people fail to achieve their goals because they never take a step back and imagine the kind of life they could have. However, people need to realize that human minds are amazing from birth and only get better as they age.

This worksheet, "**LWL - NLP Workshop Day 2**," is the greatest breakthrough in modern thinking. It provides a glimpse into human psychology's history's depth and rich content to make you learn that describing motivation as a "driving force" implies a lot of energy being created within us to move us into action and to take that action, you need to ask yourself, "What is holding you back?" Is it your level of skill or education? Is it your current position or occupation? Is it your health or your current environment? Is it the circumstance you're in right now? What is accelerating your progress toward your objective?



## LIVING WITHOUT LIMITS DAY - 2

**Moreover, the worksheet on "LWL - NLP Studio Day 2"** will assist you with laying out a conviction that life is boundless and furnish you with drawing in viable substance, techniques, practices, and strategies to decrease profound and mental burnout, further develop pressure adapting capacity, perceiving the kinds of characters and factors that impact your life objectives with chances to steer essential strides in a superior bearing.

**The worksheet is about the great connections and a greater understanding and appreciation for both the unity and diversity of the field of human psychology.**