

NLP TOOLKIT FUTURE PACING PROCESS



Future pacing gives you a powerful way to set yourself up for success. To use it, all you need to do is imagine yourself experiencing your desired outcomes. The more vivid you can make the mental rehearsal, the better. During the process, your brain will create new neurological pathways. These can then be accessed in real life.

Think of one outcome you'd like to achieve in your life...What is that outcome?...Now close your eyes and step into the future...to a time when you're experiencing that outcome fully and completely.

Notice what you're seeing in this experience. How bright is the picture? What colours does it contain? Is it framed or unframed? And where is it located in relation to your body? Is it moving or still? And how clear is the picture...as you find yourself in the future, having your outcome really and truly.

And perhaps now you're noticing what you're hearing as you're experiencing your outcome. Where are the sounds coming from? What volume are they? Do you hear human voices...or natural sounds...or synthetic noise? What pitch is the sound? Does it have a rhythm or tempo? As you notice yourself in the moment of having your outcome...fully accessing it now.

And I'm curious to know what you're feeling in this experience? Where is the feeling located in your body? Does it have a temperature? Or any pressure? Is it internal or external? And are you aware of any motion? What sensations are you experiencing now?

And as you're noticing how easy it is achieving your outcome, perhaps you're moving further into the future. To a time when you're experiencing your outcome in another context...or time...

Notice what you're seeing in this experience. How bright is the picture? What colours does it contain? Is it framed or unframed? And where is the picture located in relation to your body. Is it moving or still? And how clear is the picture...as you find yourself in the future noticing what you're seeing...

...or hearing. What sounds are coming to you as you're having your outcome easily and naturally? Where are the sounds coming from? What volume are they? Do you hear human voices...or natural sounds...or synthetic noise? What pitch are the sounds? Do they have a rhythm or tempo? As you notice yourself being in the experience of having your outcome...you're fully accessing your resources now.

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And I'm curious to know what you're feeling as the outcome becomes clearer and clearer. Where is the feeling located in your body? Does it have a temperature? Or any pressure? Is it internal or external? And are you aware of any motion? What sensations are you having now...fully and deeply.

And I'm wondering where else you'll be using those skills...and how soon...as you step into the future again. And notice what you're seeing...and hearing...and feeling as everything you've learned comes naturally and unconsciously...

And perhaps now you're getting ready to return to the room... bringing your new learning with you. Becoming more and more alert, more and more resourceful. And you're opening your eyes, only as quickly as you need to...to come back into the room feeling refreshed and alert and ready to succeed.