MNLP 120 Day Practice Guide

The Sigil Practice Guide For
Master Neuro-Linguistic Practitioners

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WHAT IT TAKES TO BE A MASTER

Being a Master Practitioner of Neuro-Linguistic Programming takes dedication. It takes perseverance. And because you put in the effort, you make it work, you get better, and you maintain your masterful abilities.

To be a master, you must demonstrate perfect wisdom and understanding of the techniques of NLP.

You must be dedicated. You are dedicated if you are reading this which means you are continuing your journey towards being a trainer.

You must be ready to receive and utilize feedback. A certain percentage of feedback will give you the major ego boost you need to continue to move forward. And a certain percentage will help you on your path with information. Finally, a certain percentage of feedback will not do anything. Persevere and be vigilant in incorporating the good feedback.

You must be at Cause. Be prepared to take feedback that will challenge you. Accept the challenge and grow with it.

You must be an example for your clients. Every breath must be filled with NLP. You must be an example in your personal and professional life. Put your money where your mouth is and be the Practitioner you wished you had before you knew NLP. We aren't perfect, of course, no one is perfect. But we must aim for excellence in ourselves so that we can be absolutely congruent when we practice.

When you're done with practice guide, and ready to move forward into more advanced areas, we'll see you at the next live training.

Enjoy!

Nate Fowler

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Certified NLP Trainer's Trainer
Certified TIME Techniques Trainer
Certified Hypnotherapy Trainer
Creator of Power Dynamics™

DAY 1-10 PRACTICE

Day 1 – Practice Hakalau 10 times in one day.
Set a reminder if you need to. Practice throughout the day. Become used to being in Hakalua at all times.

Day 2 – Use Sensory Acuity and note 10 things that shifted in different people.
Go about your day normally, being in Hakalau and using sensory acuity to watch shifts during conversation. Note them down on a piece of paper.

Day 3 – Tell someone else how to get into Hakalau.
Notice if anyone needs to just relax around you and explain how Hakalau works. Demonstrate it and walk them through it.

Day 4 – Start a Goal journal or anonymous blog. Commit 5 minutes a day to adding what you've done so far. Continue to add to it every day.

Day 5 – Listen to your own vocal tone in your Communication.
Are you going up at the end of questions and down at commands? Are you going up all the time? Focus on choosing which one you intend.

Day 6 – Practice rapport using your body and mirroring only.

Day 7 – Read eye patterns covertly.
It's all about watching them and listening to them. Remember Hakalau.

Day 8 – Read someone's eye patterns overtly.
If you have a practice buddy, this will be easier. If you don't, practice by recording yourself on video and watching the results after you do the whole thing.

Day 9 – Practice rapport using your breathing.
Watch their breathing. Feel yours.

Day 10 – Buy The Structure of Magic I and begin reading it.

DAY 11-20 PRACTICE

Day 11 – Practice rapport using your speech only.
A good way to do this is over the phone.

Day 12 – Take the Representational System Preference quiz.
Notice if anything has changed since the training.

Day 13 – Practice rapport using Predicates.
Match their predicates with yours. Practice blending from one to another.

Day 14 – Write ten sentences using Visual predicates only.
See, look, view, appear, show, dawn, reveal, envision, illuminate, etc

Day 15 – Practice using Visual predicates only - all day long.

Day 16 – Write ten sentences using Auditory predicates only.

Day 17 – Mapping Across (a.k.a. Like To Dislike)
Map "confidence" over to "doing NLP techniques."

Day 18 – Practice using Auditory predicates only - all day long.
Hear, listen, sound, make music, tune in/out, harmony, etc

Day 19 – Anchor "Powerful" to a specific place. This is your resource anchor. Write down where you anchored it.

Day 20 – Buy The Structure of Magic II and begin reading it.

DAY 21-30 PRACTICE

Day 21 – Write ten sentences using Kinesthetic predicates only.

Day 22 – Practice using Kinesthetic predicates only.
Feel, touch, grasp, get a hold of, slip through, etc

Day 23 – Do a Swish technique on "sitting in session with a client" with "Confidently doing NLP."

Day 24 – Noticed anything on your board that hasn't changed yet? Use Single Belief Change Using Submodalities.

Day 25 – Use Milton Model Pattern: Mind Read – I know you're wondering...
Detect Meta Model Violations: Mind Reads – How do you know _____?

Day 26 – Use Milton Pattern: Lost Performative – It's a good thing to...
Detect Meta Model Violations: Lost Performative – Who says it's _____? How do you know it's ___?

Day 27 – Anchor "Happiness," "Confident" and "Relaxed" to your resource anchor (from Day 19).

Day 28 – Use TIME Techniques: Negative Emotions #1 – Hurt and Guilt

Day 29 – Use Milton Model Pattern: Cause & Effect – If you... then you... As you... then you...
Detect Meta Model Violations: Cause & Effect – How does what X is doing cause you to Y?
Create your goals for success: 3 years – (Use Keys to an Achievable Outcome, SMART and TIME Techniques and TYD) Where do you want to be? What do you need to do to get here? How about an outcome for doing all of these excercises?

Day 30 – Buy Frogs Into Princes and begin reading it.

DAY 31-40 PRACTICE

Day 31 – Use Milton Model Pattern: Complex Equivalence –
    The fact you're _____ means _____.
Detect Meta Model Violations: Complex Equivalence –
    How does ____ mean ____? (Or find counter-examples)
Create your goals for success: 1 year – (Use Keys to an Achievable Outcome, SMART and TIME Techniques and TYD) Where do you want to be? What do you need to do to get here?

Day 32 – Use Milton Model Pattern: Presupposition – Do you realize how many things you're learning?
Detect Milton Model Violations: Presuppositions – How do you choose ____? How do you know ___?
Create your goals for success: 6 months – (Use Keys to an Achievable Outcome, SMART and TIME Techniques and TYD) Where do you want to be? What do you need to do to get here?

Day 33 – Use Milton Model Pattern: Universal Quantifier – Everything/All/Nobody____.
Detect Meta Model Violations: Universal Quantifiers –
    Never? What would happen if...? (Or find counter-example)
Create your goals for success: 9 months – (Use Keys to an Achievable Outcome, SMART and TIME Techniques and TYD) Where do you want to be? What do you need to do to get here?

Day 34 – Use Milton Model Pattern: Modal Operator (Possibility and/or Necessity) – You can give me the employee discount... can't you?
Detect Meta Model Violations: Modal Operator (Possibility and/or Necessity) – What would happen if you did? Or? What prevents you?

Day 35 – Use Milton Model Pattern: Nominalization – As you listen to me, thinking those thoughts, feeling those feelings...
Detect Meta Model Violations: Nominalization

Day 36 – Design a metaphor for someone in your life – Use Milton Patterns as much as possible. Avoid analogies. Chunk laterally!

Day 37 – Use Milton Model Pattern: Unspecified Verbs – And you can... can you not?
Detect Meta Model Violations: Unspecified Verbs – How, specifically?

Day 38 – Watch eye patterns on TV – Interview shows or reality shows are best – don't watch actors! When you are done, watch a Derren Brown interview for fun and see his eye patterns.

Day 39 – Use Milton Model Pattern: Lack of Referential Index – One can give an unexpected gift to another for no reason.
Detect Meta Model Violations: Lack of Referential Index – Who specifically? In regards to whom?

Day 40 – Buy NLP Volume I and begin reading it.

DAY 41-50 PRACTICE

Day 41 – Elicit someone else's Strategy.
Any strategy.

Day 42 – Add a new powerful states(s) to a different resource anchor
i.e. Falling down laughing or Feeling Peaceful.

Day 43 – Discover your Strategy for feeling loved and feeling happy.
One way to do this is to video record yourself and watch it.

Day 44 – Use Milton Model Pattern: Comparative Deletion – It's better to _____.
Detect Meta Model Violations: Comparative Deletions –
   Better than whom/what? Compared to what?

Day 45 – Sensory Acuity: Skin color
Notice people's skin color as you communicate with them.

Day 46 – Use Milton Model Pattern: Pace Current Experience – As you're standing there, listening to my voice...
Detect Meta Model Violations: Simple Deletions – Compared to what?

Day 47 – Sensory Acuity: Skin/Muscle Tonus
Look for the shine – especially in the face.

Day 48 – Use Milton Model Pattern: Double Bind – I wonder if you would give me your employee discount, or the senior discount.
Listen for Presuppositions: Existence – Tip-offs are nouns.

Day 49 – Use Sensory Acuity: Lower lip size
Watch size plus existence of lines on the lip.

Day 50 – Buy Reframing and begin reading it.
We aren't perfect, of course, no one is perfect. But we must aim for excellence in ourselves so that we can be absolutely congruent when we practice.

DAY 51-60 PRACTICE

Day 51 – Use Milton Model Pattern: Conversational Postulate – Do you feel like it's time to _____?
Listen for Presuppositions: Possibility/Necessity – Tip-offs are modal operators

Day 52 – Use Sensory Acuity: Lower lip size
Watch in your peripheral vision. Remember not to stare and instead use Hakalau.

Day 53 – Practice TIME Techniques. Eliminate a limiting decision.
Pick one that you "never will" ever do that has stopped you from growing.

Day 54 – Add powerful states(s) to your resource anchor i.e., Capability and Coolness.
And a certain percentage will help you on your path with information. Finally, a certain percentage of feedback will not do anything. Persevere and be vigilant in incorporating the good feedback.

Day 55 – Use Milton Model Pattern: Extended Quote – Last week, our trainer's grandfather told him about a friend who said...
Listen for Presuppositions: Cause/Effect – Top-offs: Makes, if... then

Day 56 – Use Sensory Acuity: Breathing location
Watch the High, medium, and low parts of the belly

Day 57 – Use Milton Model Pattern: Selectional Restriction Violation –
    You know the walls have ears. If only they could talk.
Listen for Presuppositions: Complex Equivalence – Is, Means

Day 58 – Practice TIME Techniques. Help someone eliminate a limiting decision.
Listen to them and offer the opportunity to help them. If they decline, eliminate one of your own limiting decisions.

Day 59 – Use Sensory Acuity: Eyes
Are they focused or defocused?

Day 60 – Buy Using Your Brain For A Change and begin reading it.

DAY 61-70 PRACTICE

Day 61 – Collapse an anchor by identifying a state that has been hindering you.
What is a feeling that you'd like to change?

Day 62 – Use Milton Model Pattern: Ambiguity – Here/here. I want you to notice your hand me the glass.
Listen for Presuppositions: Awareness – Tip-off: Verbs with VAKOG

Day 63 – Use Sensory Acuity: Eyes
Watch for pupil dilation.

Day 64 – Establish rapport with everyone combining physical AND speech.
Start with physical and continue with both physical and speech. Remember Hakalau.

Day 65 – Use Milton Model Pattern: Utilization – I'm not sold. That's right, you're not sold, because...
Listen for Presuppositions: Time – Tip-offs: Verb tense, stop, now, yet

Day 66 – Do a Parts integration for something you feel part of the time.

Day 67 – Listen for Presuppositions: Adjective/Adverb – Tip-offs: Adjective/Adverb
Listen for Limiting Beliefs/Decisions – When did you decide that?

Day 68 – Test your goals.
Do you need to eliminate a limiting decision to further yourself towards them? Do you need to change a state to become more effective?

Day 69 – Establish rapport with everyone combining physical, speech, AND predicates.
Start with physical and continue with the rest. Remember Hakalau.

Day 70 – Buy NLP Patterns I and begin reading it.

DAY 71-80 PRACTICE

Day 71 – Write another metaphor for this problem:
A client comes to you with a problem of always feeling a need to seek out attention to replace their partner because they can't commit.

Day 72 – Establish rapport with everyone combining physical, speech, predicates AND breathing.
Start with physical and continue with the rest. Remember Hakalau.

Day 73 – Listen for Presuppositions: Ex/Inclusive Or – Tip-offs: Or
Elicit Someone's Strategy – Motivation Strategy.

Day 74 – Listen for Presuppositions: Ordinal – Tip-offs: A list of some kind
Elicit Someone's Strategy – Reassurance Strategy

Day 75 – Add powerful state(s) to your resource anchor
i.e., Generous, Easily wealthy

Day 76 – Agreement Frame – I appreciate that, and... I respect that, and... I agree, and...

Day 77 – Watch eye patterns on TV
Interview shows or reality shows are best – don't watch actors! When you are done, watch a Derren Brown interview for fun and see his eye patterns.

Day 78 – Establish rapport completely.
Start with physical and continue with the rest. Remember Hakalau. Watch eye patterns.

Day 79 – Hierarchy of Ideas: Chunk all conversations up
Ask: For what purpose? Remember to not do it all the time with others. If it starts to break rapport, re-establish with physical, tone, breathing, etc, before continuing.

Day 80 – Buy NLP Patterns II and begin reading it.

DAY 81-90 PRACTICE

Day 81 – Hierarchy of Ideas: Chunk all conversations down
Ask: What are examples of this? Remember to not do it all the time with others. If it starts to break rapport, re-establish with physical, tone, breathing, etc, before continuing.

Day 82 – Test your goals. From this day forward, you must always establish rapport with everyone.
Do you need to eliminate a limiting decision to further yourself towards them? Do you need to change a state to become more effective?

Day 83 – Create a metaphor for someone you knows problem.
Remember to make it so lateral that they cannot make a conscious connection. Tell it only as a story with no morale finish. Instead, just finish by changing the topic. Use Milton Patterns as much as possible.

Day 84 – Hierarchy of Ideas: Lateral-chunk everything
Ask: What is this an example of? What are other examples of this? Remember to not do it all the time with others. If it starts to break rapport, re-establish with physical, tone, breathing, etc, before continuing.

Day 85 – Listen for and practice Cartesian Coordinates.
What wouldn't happen if you did? What would happen if you did? What wouldn't happen if you didn't? What would happen if you didn't?

Day 86 – Practice Advanced Presuppositions.

Day 87 – Practice Meta Model III.

Day 88 – Practice the Decision Destroyer.
Keep an eye out for a decision and establish rapport first!

Day 89 – Elicit your values and see if any of them can be changed to make you more successful.
Then elicit someone else's for one of the big six areas and change it with their permission.

Day 90 – Buy Power Your Relationship and begin reading it.

DAY 91-100 PRACTICE

Day 91 – Listen for and Use Meta Program: Direction Filter

What's important to you about _____?

Day 92 – Listen for and Use Meta Program: Reason Filter

Why are you choosing to do what you're doing?

Day 93 – Listen for and Use Meta Program: Frame of Reference Filter

How do you know when you're doing a good job?

Day 94 – Listen for and Use Meta Program: Convincer Representational Filter

How do you know when someone else is good at what they do?

Listen for and Use Meta Program: Convincer Demonstration Filter

How often do they have to demonstrate competence before you're convinced?.

Day 95 – Listen for and practice Cartesian Coordinates.

What wouldn't happen if you did? What would happen if you did? What wouldn't happen if you didn't? What would happen if you didn't?

Day 96 – Listen for and Use Meta Program: Management Direction Filter

Do you know what you need to do to be a success on a job? Do you know what someone else needs to do? Do you find it easy or not so easy to tell him.

Day 97 – Listen for and Use Meta Program: Action Filter

When you come into a situation do you usually act quickly after sizing it up, or do you do a complete study of all the consequences and then act?

Day 98 – Listen for and Use Meta Program: Affiliation Filter

Tell me about a work situation in which you were the happiest, a one-time event.

Listen for and Use Meta Program: Work Preference Filter

Tell me about a work situation in which you were the happiest, a one-time event.

Day 99 – Listen for and Use Meta Program: Primary Interest Filter

What's your favorite restaurant? Tell me about it.

Day 100 – Listen for and Use Meta Program: Chunk Size Filter

If we were going to do a project together, would you want to know the big picture first, or the details first. Would you really need to know the... (ask the other)?

DAY 101-110 PRACTICE

Day 101 – Listen for and Use Meta Program: Relationship Filter
What is the relationship between what you're doing this year on the job and what you did at this time last year?

Day 102 – Listen for and Use Meta Program: Emotional Stress Response
Tell me about a situation (context-related) that gave you trouble, a one-time event.

Day 103 – Listen for and Use Meta Program: Time Storage Filter.
What direction is the past and what direction is the future for you? Watch their physical response as well as verbal.

Day 104 – Listen for and Use Meta Program: Modal Operator Sequence
What was the last thing you said to yourself just before you got out of bed this morning? Use this to motivate them.

Day 105 – Listen for and Use Meta Program: Information Processing Style
When you need to work through a problem or a challenge in your life, is it absolutely necessary for you to: Talk about it with someone else, or think about it by yourself only?
Listen for and Use Meta Program: Listening Style
If someone you knew quite well said to you, "I'm thirsty," would you: Find the comment interesting, but probably do nothing about it, or Would you feel really compelled to do something about it?
Listen for and Use Meta Program: Speaking Style
If you felt that someone around you was not performing as well as they should, would you: Come to the point and tell them directly, or would you Hint, imply and give them clues.

Day 106 – Choose someone to model a quality of ie. Easily wealthy.
Watch some interviews with them and fill out the model sheet or if you know them, ask them directly.

Day 107 – Use the allergy model on yourself or someone you know.

Day 108 – Do the Meditation on the light. Enjoy!

Day 109 – REMEMBER, YOU MUST KEEP RAPPORT! Use Sleight of Mouth Pattern: Meta Frame
How is it possible they could believe that?
Use Sleight of Mouth Pattern: Reality Strategy.
How do they represent that belief? How do they/you know if it's not true?

Day 110 – Use Sleight of Mouth Pattern: Model of the World
Switch Referential Index. Is this true in everyone's Model of the World?
Use Sleight of Mouth Pattern: Apply to Self.
Don't think about it, instead use the word back on itself.

DAY 111-120 PRACTICE

Day 111 – REMEMBER, YOU MUST KEEP RAPPORT! Use Sleight of Mouth Pattern: Change Frame Size

Something (larger or smaller) they haven't noticed. Different frame, same behavior. Chunk up to Universal Quantifier.

Use Sleight of Mouth Pattern: Hierarchy of Criteria (Values)

What are higher criteria (values)? Apply current criterion (value) to current sentence.

Day 112 – Use Sleight of Mouth Pattern: Consequence

What will happen to them if they continue to think this way?

Use Sleight of Mouth Pattern: Another Outcome

What is another outcome you could shift to?

Day 113 – Use Sleight of Mouth Pattern: Metaphor/Analogy

Tell a metaphor or story about the solution

Use Sleight of Mouth Pattern: Metaphor/Analogy

Tell a metaphor or story about the solution

Day 114 – Use Sleight of Mouth Pattern: Redefine

What other meaning could the equation have? A = B, A = C, and that's D

Use Sleight of Mouth Pattern: Counter Example

Invert the belief. Make into a universal statement or question.Was there ever a time when A ≠ B? A causes B, not B causes not not A.

Day 115 – Use Sleight of Mouth Pattern: Intent.

Why are they saying this? What is the secondary gain? What are they trying to get?

Day 116 – Use TIME Techniques for all negative emotions and one limiting decision on yourself.

Day 117 – Use TIME Techniques for all negative emotions and one limiting decision with someone.

Day 118 – Use the Elman Induction with someone.

Give them suggestions to help them using a metaphor you pre-write.

Day 119 – Use the Progressive Relaxation Induction with yourself.

Record yourself doing the progressive relaxation induction and give yourself good suggestions.

Day 120 – Test Your Goals. You know what to do. Examine where you were and where you are now. Use any and all techniques to make changes to get you where you want to be.

CONGRATULATIONS ON FINISHING ALL 120 DAYS, MASTER PRACTITIONER!