

Excellence

THE FIVE PRINCIPLES OF NLP

Try it on for size

KNOW YOUR OUTCOME: What do you want?

1

TAKE ACTION: What immediate action are you going to take?

2

HAVE SENSORY ACUITY: What feedback are you getting?

3



HAVE BEHAVIOURAL FLEXIBILITY: Do you need to change your approach?

4

OPERATE FROM A PHYSIOLOGY AND PSYCHOLOGY OF EXCELLENCE

Who has done it before? Who can you model?

5

Follow these 5 principles and you WILL be living a life of excellence.
It takes awareness and self discipline, and I believe you are someone who will make
the commitment to yourself.
You deserve a life of excellence, you deserve a life of delight.
These 5 principles will help get you there.

PAPER
Sage