

ANCHORING STATES OF EXCELLENCE

1. Think of a **state of excellence** that you would like to have readily available to you more often (e.g. confidence, resourcefulness, determination, pleasure etc). A state that typifies you when you are at your best, really in the flow.
2. Now think of a time when you were last in that particular state. A **specific instance** that you can remember clearly. Perhaps it was in the recent past, maybe further back. It is important that this memory begins to **re-connect** you now to the feelings you were having then.
3. Now imagine yourself fully back in that experience as if it is happening here and now. **Step right into it** - wrap it all around you. See what you're seeing in the experience, hear what you're hearing, and allow the feelings to grow and spread all over your body with every breath you take. It may help to imagine the picture being **bigger, brighter, more colourful** and **closer**. Adjust the volume of the sounds until it feels just right.
4. Now you can set your anchor or trigger. While you are fully in that state:
 - Choose a word or phrase that best typifies that state, for example "flow" or "confidence" or some other word that fits for you. **Say** it in a particular way that fits the state. e.g. "**floooooowwww**"
 - Choose a **visual trigger**, something that is always in that situation. Something that when you see it, it can instantly remind you of this state. This could be something specific or even metaphorical, like a computer icon which represents a programme. You could choose a colour or perhaps a particular pattern that catches your eye.
 - Now choose the **kinaesthetic trigger**. Something you don't usually do such as squeezing the tip of your index finger or knuckle with your other hand. Time this to coincide with the peak of the feeling.

You can **repeat all of the above several times**, ensuring that you are fully associated into the memory each time. This will even more fully condition the response.

5. Once conditioned you can mentally rehearse using your triggers just prior to future events where you would like to have even more of that resource. Imagine yourself in that specific upcoming situation. **Imagine using your triggers**, really stepping into the experience as if it is happening now. This will help you to remember to use your triggers at the right time.
 6. Remember to **use your triggers consistently!** The more you practice this short ritual the more easily it will become second nature, happening **automatically**, without thinking about it consciously. You will then find yourself increasingly able to **be at your best** at the touch of a finger.
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Find out how you can use this process in different situations in **Consulting with NLP** and **Changing with NLP**
