BEING AT YOUR BEST

You will find that results are much more easy to come by if you are in the right state for the job in hand. We can think of a state as a container, if you will, which encompasses all our thought processes, feelings and behaviours in a particular context, in a particular time and place.

Our state is the sum total of all the neurological and behavioural activity going on at each of the following levels. At the *identity* level we will be in a particular role at the time; father, mother, doctor, son, daughter, shopper, holiday maker etc. Each of these roles has a particular set of *beliefs* and *values* attached to them which will vary with circumstances. We will adopt particular thinking strategies and ways of processing information, our *capabilities*. And all of these will inform our *behaviours* as we interact with the significant other people in our lives (*beyond identity*).

In many ways, our states are also the containers for the particular skill sets we use on a daily basis. It is hard to feel depressed when you are happy. It is hard to feel happy if you are depressed! Neither state easily supports the other's thinking strategies, beliefs and behaviours. If you are at ease with yourself, flowing with the task, it is easy to get results. However if you are angry, upset, running late, anxious etc, then getting in the flow increases exponentially in degree of difficulty. You need to *be in the right state for the task at hand*.

Here are some useful states to access and utilise:

Times when you were determined to do something and you did it!
Times when you were really attracted to something and you got it. (And it is still a good decision as you look back on it today!)
Times when you thought you were going to fail….yet you delightfully surprised yourself by rising to the task and succeeding.
Times when you actually succeeded at something and felt great! You're a winner!
Times when you felt resourceful, powerful, dynamic, enthusiastic, loving, committed, determined, creative, imaginative, fascinated, healthy, playful, unstoppable, carefree etc.

For each memory, do the following:

1. *Make the pictures bigger, brighter, more colourful and bring them closer.*

2. *Turn up the volume of the sound and make it "surround sound".*

3. *Really imagine stepping fully inside the memory and intensifying the feelings.*

Find out how you can use this even more effectively in both **Consulting with NLP** and **Changing with NLP**