

Learn NLP Rapidly - Practice Checklist

THE SELF-CONCEPT RESEARCH GROUP

- Practice every day even if it's just a half-hour. I recommend an hour a day but if all you can do is a half-hour that's still good. Consistency is key. Trying to practice 3 hours once a week is not nearly as good as practicing a half-hour a day.
- Find a practice partner and practice with him or her once a week preferably in person. If in-person is not possible, online video calls are fine.
- Create an NLP practice group that meets weekly or biweekly. This might take some time but is absolutely worth it. It doesn't matter if you have no formal training. I started an NLP practice group before I had any training so I could practice NLP processes and techniques from books. Once I started attending formal trainings, the practice group became an incredible workshop for practicing everything I learned in the trainings. This practice group turned into the business I now have so you never know what the possibilities of hosting a group might bring in addition to getting plenty of practice with different people and different personality types.

I suggest starting each session with a sensory acuity or calibration drill and then have a process or technique you've already planned for the session. Introduce the process or technique to the group by explaining it. It's okay if you read it from a book or show a Youtube video about it, even better if you have a video demonstration of it. Then everyone practices it. Alternate people until everyone has had a chance to practice with at least three different people.

Learn NLP Rapidly - Practice Checklist

THE SELF-CONCEPT RESEARCH GROUP

- Have an NLP journal that you write in everyday. In the morning, write in your journal what you intend to practice that day and what you think you will discover. At the end of the day write in your journal what happened and what you discovered even if you're writing about not discovering anything that day. Write out three possible choices you could have made other than a particular choice you made that day.
- Designate one or two language patterns to practice all day (like patterns from the Meta Model or the Milton Model) with anyone you engage with.
- Designate one aspect of sensory acuity or calibration (like watching for eye accessing cues or skin tone changes) to practice all day with anyone you engage with. Looking for these aspects in the beginning is more important than actually noticing them so if you don't detect these at first, it's normal. Don't get frustrated. Keep practicing.
- Attend as many NLP trainings with a variety of credible NLP teachers as you can afford. Don't stick with only one or two teachers.
- Focus on gaining skill and knowledge instead of certifications. Certifications are mostly meaningless. Your ability is your certification. Focusing on certification will hold you back.
- Focus on exploring and discovering yourself and others especially how we interact and communicate with each other rather than trying to focus on being a coach or starting an NLP business. If you want to be a coach or a teacher, those things will come eventually as you progress. Pressuring yourself to do this early on will hold you back and might cause you to quit out of frustration.

Learn NLP Rapidly - Practice Checklist

THE SELF-CONCEPT RESEARCH GROUP

- Most importantly, enjoy the process. If you're not sure where to start, start with the aspects of NLP that most interest you. The more you can have fun with learn NLP and the more you can be playful about learning it, the faster you will learn it and the more you will enjoy it.

Identifying your values is a very important step when creating change in your life. When you live according to your values, you fulfill your desires and live a happier life.

We have free assessments on our website that help you find your values in various contexts of your life.

[Click here to go to the Free Self-Concept Assessments](#)