



Being the difference that makes the difference has never been so simple

learning solutions

work book



simple life solutions



...Pure, simple, honest, effective, solutions

Designed with results in mind



Being the difference that makes the difference has never been so simple

Welcome to the learning solutions programme workbook.

Firstly I would like to take a moment to congratulate you in deciding to take the first step in awakening your learning potential and empowering yourself by taking control of your learning.

In choosing to follow through these steps and as you do integrate them you will find that moment by moment you notice the difference in your ability to learn.

In addition to the resources on the audio cd you will find working through the steps in this workbook effectively enhance both your understanding of the principles and ability to apply the techniques in your everyday life and learning.

The best way to work through this programme is to listen to the CD 3 times. Firstly just to get a feel for it to set the frame then with the real intention of completing each segment, if there is an exercise complete the exercise there and then before moving on to the next segment. Then once again where you will notice something you didn't catch first and second time round. When you work this way it means you are installing the appropriate strategies for success.

Some of the processes here may at first appear to be different to things you have done before or may even be not dissimilar to things you done in the past. What this means is you are stretching your abilities and like a rubber band when you stretch it really far the resistance in the band diminishes.

If you encounter resistance from inside, or outside of yourself simply persist through this resistance keep stretching and commit to making this work for you and the degree of flexibility you are developing as a result of this could astound you.

So enjoy !



Being the difference that makes the difference has never been so simple

What is Nlp?

NLP stands for Neuro Linguistic programming

Defined this is the study of subjective experience, and the art and science of communication.

It works on the basis that all incoming information through our senses is translated into thoughts and ideas which give rise to our states, our behavior and the results we get.

Neuro – refers to our Neurology to the cellular structures with in our brains and bodies. When information enters through our five senses sight sound physical touch inner feelings and smells and tastes. This is processed through these senses, then filtered through our Values, Beliefs, memories and deeper unconscious filters from which we delete, distort and generalize that incoming information. This enables us to create our internal perception and experience of the world outside.

This is happening every moment millions of bits of incoming information every second are entering you senses, so, it makes sense that you as an individual have an effective spam filter that operates subject to your experiences and other filters described above.

Linguistic – Relates to how we code order and give meaning to our internal representations –If you think about it nothing can exist in your universe, until you have a word for it. And we give these things identity through language.

Programming – This relates to the systems and processes we are running in any given moment – and the most important thing – they can be changed.

Ultimately NLP is an outcome orientated model which enables us to dramatically improve the results we achieve in any area of our lives. In turn this enables us to consistently achieve results we want





Being the difference that makes the difference has never been so simple

Outcomes for the learning solutions programme.

We will go through some solid gold goal setting and getting processes later on in the, CD so stay tuned, but for the moment here is an overview.

In NLP we call goals outcomes because this has been proven, as you will find out later on the CD, to be what they refer to. When you set a goal, you are pitching an end point, much like when explorers have scaled a mountain or reached the North Pole they stick a flag in the ground to say " I made it! I am here " that was their outcome is their outcome.

Now in setting goals what you are doing is thinking what mountain you would like to scale and sticking a flag in the ground to say this is what I want.

You design the last step, you design the outcome. Only then, can the steps in between be formulated.

In designing your outcome you give yourself direction. When your outcome is set in the most effective way, then, you are motivated to take action until you meet with the flag, and when you meet with the flag, remember to be grateful as this is a message to your unconscious mind to do more of this, so be grateful!

When we are grateful this encourages our unconscious mind to create more of what it that we are grateful for which means more achievements! More success! More _____ you fill in the blank.





Being the difference that makes the difference has never been so simple

As you think about this now, what would you like to achieve by listening to the programme, by following through the steps on the CD, in this workbook and integrating the techniques and principles into your life.

I meant what I said it is totally Ok to get greedy here, really think about what it is that you want to experience as a result of listening to this programme.

Have them be so great that if you were to achieve them this would be the best investment of time energy and resources you have ever made, what would your goals have to be such that that would be true?

So skip to the end of the CD to the last track - which is music to set goals by and take 7 minutes and set those goals, go stick your flags in the ground.

My Outcomes for the learning solutions programme



Being the difference that makes the difference has never been so simple



Being the difference that makes the difference has never been so simple
100% Responsibility

Results versus Reasons

What reasons do you have? You may like to take the opportunity to write them down now, here.



Being the difference that makes the difference has never been so simple

Personal Strategy for success

What is it that you do when you do achieve your goals?

What is it that you do when you don't achieve your goals?



Being the difference that makes the difference has never been so simple

Personal strategy for success

Now Contrast the two - Notice the differences – What is it you do differently when you achieve your goal?

List them here



Being the difference that makes the difference has never been so simple

And there you have it YOUR personal strategy for success! You have shown in the past that when you follow those steps you are 100% certain that you achieve your outcome!

Now you know how to behave in order to consistently achieve the result you want. So all you have to do is do it!

Feedback to yourself as you notice how well this works.

The best way to give feedback to generate even greater results is by using the feedback sandwich:

What did you do well? What have you noticed that's great!

What could you do to make the result even better next time?

Overall good comment on how you are progressing.

Use this space here too chart your progress and even add some more specificity to your strategy.



Being the difference that makes the difference has never been so simple

Beliefs

Beliefs about your learning capabilities

So here write down what you believe about your learning abilities, list them all below, whether positive or negative beliefs, just jot them down here.

You can discover them now by asking yourself the question and answering honestly with the first answer that springs to mind.

What do I believe about my ability to excel in class?



Being the difference that makes the difference has never been so simple

Good, I bet there are some beliefs there that until now were unconscious.

As you look at that list are there any limiting beliefs there?

Are there any beliefs such that if you were to continue to hold them they would impede your progress and success academically?

If the answer is no then great! Though if the answer is yes, and you would like to overcome those beliefs then there is something you can do.

With all of those beliefs both beneficial and those which may impose limitations on your ability to excel, your unconscious mind has a positive intention for holding that belief. So in finding out what that highest intention is you can either choose to continue to hold that belief or you can choose to let it go, once you have an awareness then you have a choice.

If so, just take them one by one and ask your self inside

For what purpose do I believe this?

Then if you discover a limiting belief by simply being aware of it this gives you the opportunity to choose to change it.

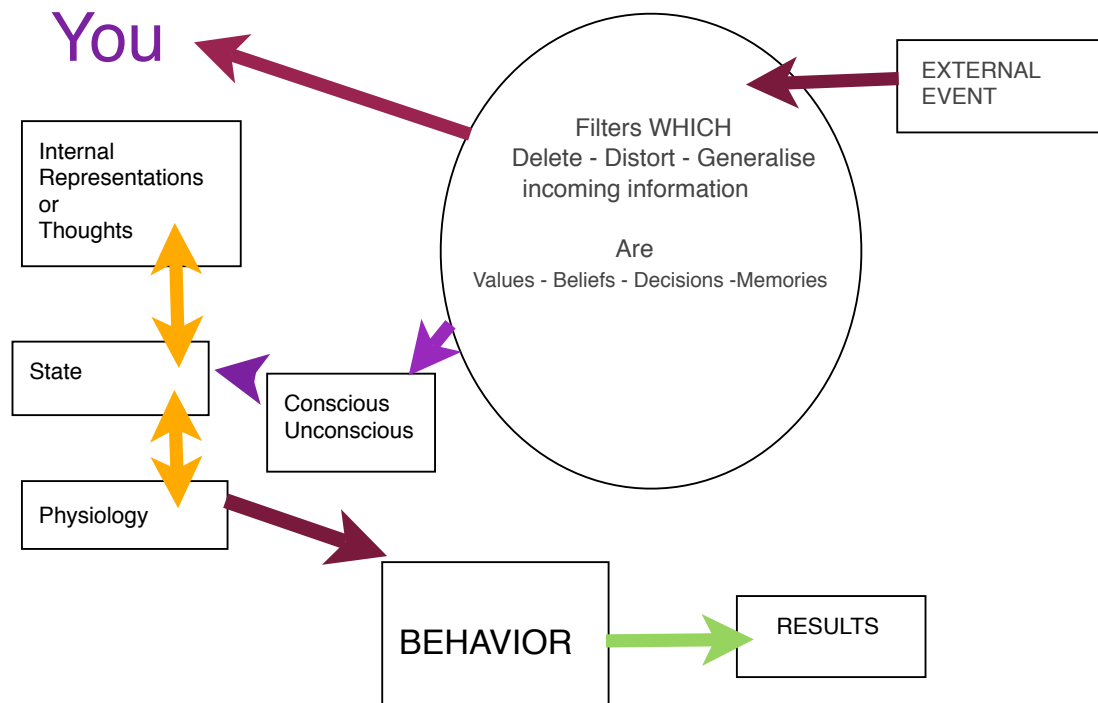
So how would you like it to be now instead?

Then focus upon this belief and ask your unconscious integrate this new belief.



Being the difference that makes the difference has never been so simple

Your unconscious

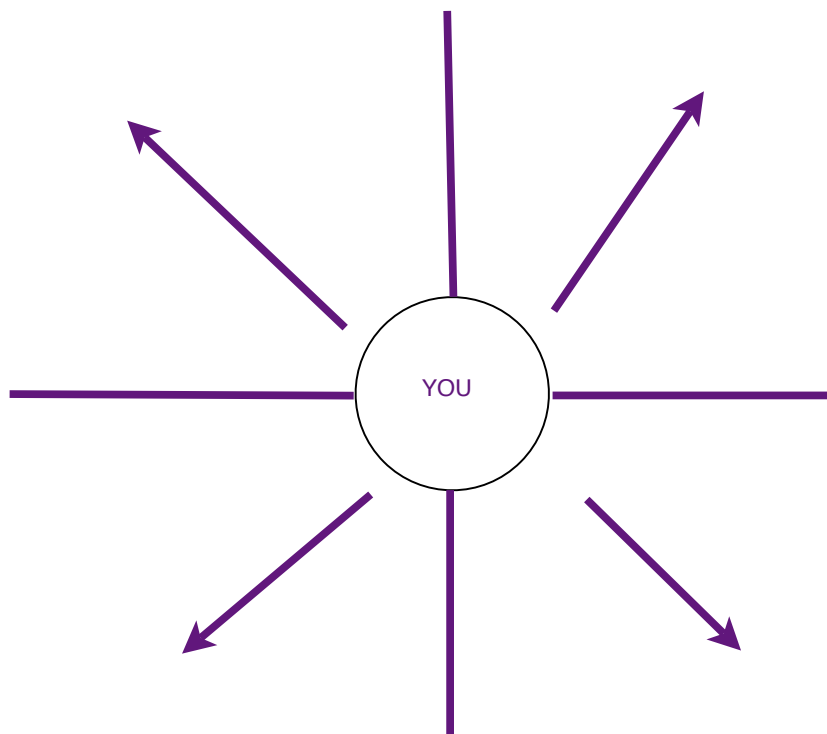




Being the difference that makes the difference has never been so simple

Your Time line

Here is a diagram to demonstrate how your time line takes form. It may be a combination of a number of these different lines or something totally different!

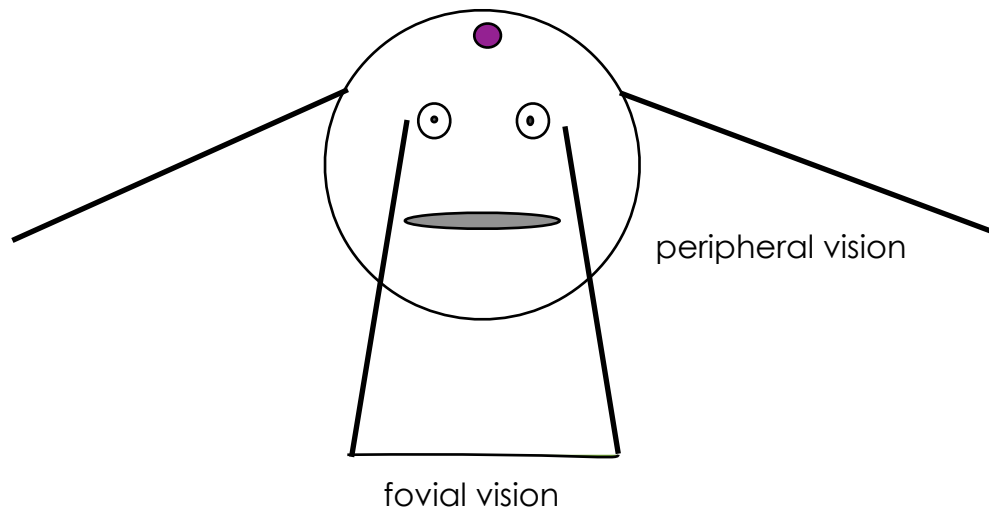


The Learning state

Copyright Victoria Whitney and simple life solutions 2009 ©



Being the difference that makes the difference has never been so simple

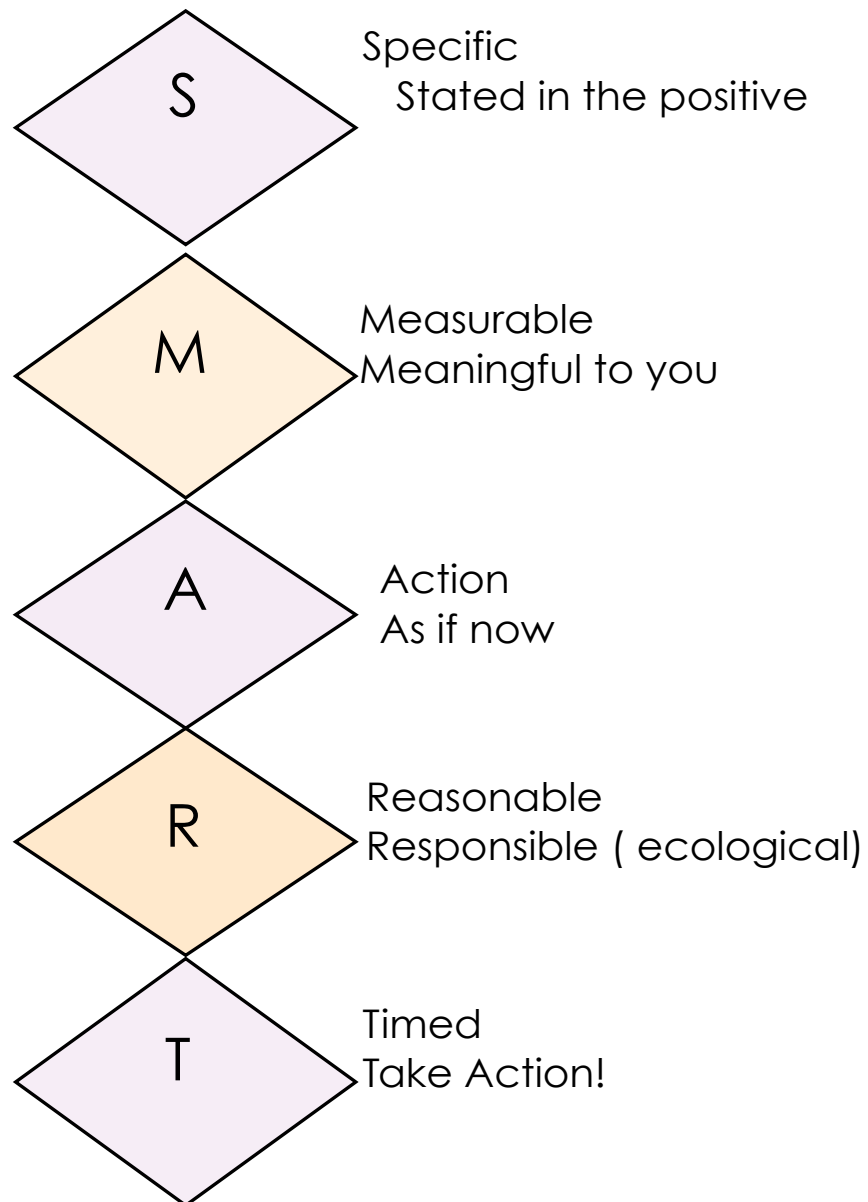


My experience of the learning state



Being the difference that makes the difference has never been so simple

Getting S.M.A.R.T

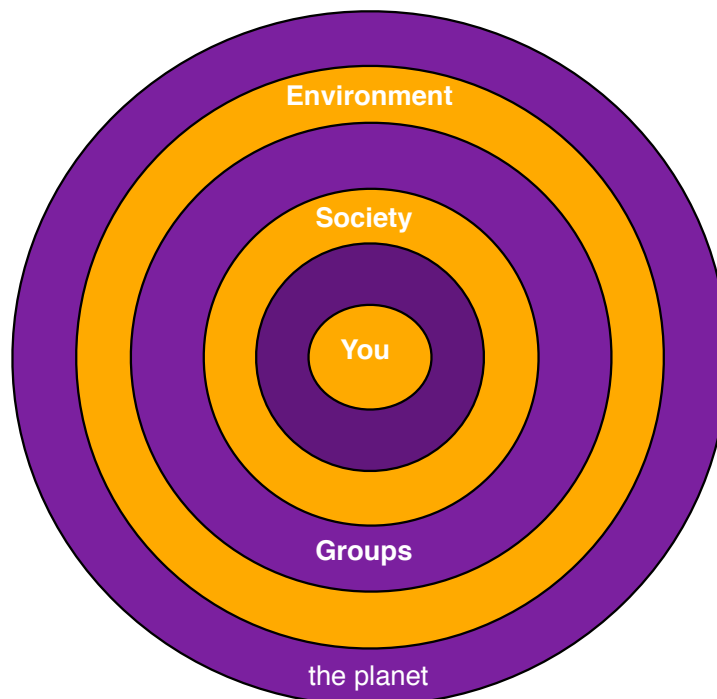




Being the difference that makes the difference has never been so simple

Ecology

Make sure your outcomes are ecological, if every action sends out a ripple, make sure this is a positive ripple that benefits the many. This means when you set goals this way you experience significantly less resistance, in fact you will gain more support.





Being the difference that makes the difference has never been so simple

Questions for achievable outcomes

What is that you want?

Make sure this is stated in the positive and that you are really really specific! You can never be too specific.

Where are you now in relation to this?

What will you see hear feel and experience when you have it?

How will you know when you have it?

What will this outcome allow you to do?

Is it only for you?

Where when how and with whom do you want it?

What do you have now and what do you need to get your outcome?

Have you ever had or done this before?

Do you know anyone who has?

Can you act as if you have it now?

For what purpose do you want this?

What will you lose or gain when you have it?

What will happen if you get it?

What will happen if you don't?

What won't happen if you do?

What won't happen if you don't get it?

When you have formed some great outcomes knowing each of the steps you will need to take action on in their achievement. Ask your unconscious mind to put those outcomes and all the steps to get you to where you want to be into your future time line.

Then START TAKING ACTION!



Being the difference that makes the difference has never been so simple

The little extras that make a huge difference

As outlined on the CD;

Learning cycles - By making sure you work in the appropriate learning cycle for you, you are optimizing the use of your time. This means there is more time left for the other areas of your life that you are passionate about. If you think about it this way, structuring your days to include study sessions makes sense doesn't it?

Improving your flexibility – Play with different techniques to experience how you can really get a hold of what you learning. Wanton experimentation here is the key!

Your Physical Body - If you pay attention to your physical body it will look after you. Respect it.

Eat well, we are what we eat so make sure you feed your mind and you will be richly rewarded.

Breakfast, protein like chicken, eggs, bacon and even some beans pulses, nuts and a great cereal which is high in protein is Quinoa (pronounced keen wah). Peruvian grain which is readily available in supermarkets.

Complex carbohydrates like oats and whole meal foodstuffs, when you eat these your body gets more value from what it is consuming. This means goodness value rather than calorific. So if you are watching your figure, then all the foods outlined above are good value for calories in addition to being health affirming too!

And some natural memory enhancers – Though it is important to consult your doctor before undertaking any supplementation routine.

Ginko Biloba

ALA

Vitamin E

Omega 3, 6, and 9

Blueberries are great for memory Pommegranate – helps your body to eliminate waste products.

Exercise daily (for very literal Unconscious minds that means in addition to taking action on your outcomes)



Being the difference that makes the difference has never been so simple

Keep hydrated

Have fun and laugh lots.

Attendance Be at your lectures lessons and seminars.

So now, its over to you

Remember at the beginning of the programme you set some goals for the programme. Now with everything in mind it's different. Isn't it.

Somewhere inside you, you may have a feeling of knowing that you can. You are sat there and you ask yourself a question inside.

And the answer is so much more accessible. Knowing now that how you thought about learning in the past has changed.

Can you notice then now, that it's different in the future. By choosing to utilize the key processes on this programme you are actively taking control of your future. Redefining the boundaries of your learning and achieving potential.

And as you think about it now and imagine a time in the future, imagine it now, on the morning of an exam you wake up you, get up, you go into the learning state and you feel calm and balanced. All the way there you notice how it's different. You sit down in the hall, making sure you are fully in the learning state. Take some deep breath's exhale slowly and you hear the call, you turn over the paper and you begin.

As you survey the paper you find the answer begins to flow. You begin writing and the rest is a blur.

You look up at the clock and there is five minutes to go and you look down and you see, that you have just constructed the best work of your entire life.

You are at the beginning of a journey and you have a world of opportunity before you now. A famous quote from Ghandi is to" be the change that you wish to see I the world". In truth you hold the key to the future, not just your future but, the future of the planet.



Being the difference that makes the difference has never been so simple

You are at a gateway and the world really is your oyster, so use what you know and embrace it, embrace the pearl inside of that oyster, take it with both hands, stand in awe of its beauty and realise its potential. Study it, share it and most of all enjoy it. This is your opportunity to take control of your learning to go out there, use the tools and succeed.

Thank you for the opportunity to work with you, let us know of your success!

Remember to visit the website often to check for updates up and coming events and offers.

Victoria Whitney



Being the difference that makes the difference has never been so simple