

7 Steps to Creating the Life you Want

Harness the power of the mind



With an introduction to Neurolinguistic
Programming (NLP) & Breakthrough Coaching

Rangana Rupavi Choudhuri (PhD)

 **Vitality LIVING**
— College —

“Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth that ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.”

GOETHE

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First edition: April 2012

Published by: Aparajita Publishing, Sai Spandan B Colony, (West Gate)
Kammavaripalli, Puttaparti, AP 515134 India

Email: help@vitalitylivingcollege.info

www.vitalitylivingcollege.info

Printed and bound in India

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Below is outlined the 7 steps to creating the life you want, based on Breakthrough coaching and neuro-linguistic programming (NLP), also known as the science of success and achievement.

1. Be honest with yourself

First ask yourself, "Where am I currently in my life and where is it I want to be?" Be honest about the gap in yourself and your life and which area of your life needs most attention. Get associated with the problem. If you are not disturbed, you are not going to change. So first work out what needs to change:

Write down...

What am I disturbed about in my life? What am I unhappy about in my career, my business, my relationships, my family, my finances and my life? Be specific about all these areas.

Then ask yourself, "If I were to change something in my life what would it be? What do I really want in my life and for myself?"

I want to change in my life? What do I really want in my life, career, health and relationships?



Then ask yourself, "What am I really committed to in my life, relationships, health, finances, spirituality and career?"

Now, I am really committed to:

Then ask yourself the reason you are really committed. What will change in your life for the better? What else will change? How will your life be different? How will that make you feel? What is the real reason I am really committed?

I am committed because:

2. Now that you know what you want, turn it into a specific goal

"Begin with the end in mind." – Steven Covey

The best way to get clear about what you want is to develop it into a goal. A goal or an outcome is a statement or a#rmation of what you want. All goals must be:

- **Specific** rather than vague or general
- Easily **Measurable** so that you can monitor progress of the goal

The SMART mnemonic can be used to remember the principles of goal setting...

S = Specific

M = Measurable

A = Attainable

R = Relevant

T = Time-based

- **Attainable** and realistic rather than extreme and unachievable
- **Relevant** to what you want in life rather than irrelevant
- Have **Time-based** deadlines versus no deadline

Now, write down your TOP 3 goals using the SMART principles:

1. _____

2. _____

3. _____

Example of a well-written goal

1. I will be 55kg in weight and size 12 by December this year
2. I will meet and commit to my perfect partner in the next 3 months
3. My income will increase by 20% by June of this year

Examples of goals and outcomes that are not well written

1. ***"I no longer feel fear."*** Suggested changes: state the goal in positive terms. For example when you no longer feel fear what will you be feeling instead.
2. ***"I want to climb Mount Everest."*** Suggested changes: while the goal is stated in the positive, it requires the time by which the goal will be complete to be added. For example, ***"Climb Mount Everest by June 2013."***
3. ***"I don't want to have fights with my parents any more."*** Suggested changes: stop using 'don't'. Your unconscious and conscious mind automatically filters out 'don't', 'not' and 'no'. For example, if I say ***"Don't think of a blue monkey!"*** your unconscious mind would automatically start to think of a blue monkey, however briefly! So instead of using 'don't', 'not' and 'no', ask yourself what do you really want? Work out how not having fights anymore will make you feel or what kind of a relationship you want to create with your parents. For example, ***"I want to have a fulfilling, loving and rewarding relationship with my parents in the next 12 months or sooner."***

Research shows that when you write down and declare your goals, they happen

Some of you may have heard about the Harvard or Yale study that was reported to have shown that those people who wrote down their goals were far more successful and earned 10 times more than the group that did not write its goals down. This study is now known to be a myth.

Since then, another study has been conducted on 267 participants where study participants were randomised into the following groups:

Group 1 were simply asked to think about their goals

Group 2 were asked to write their goals down

Group 3 were asked to write their goals down and also asked to formulate action commitments

Group 4 were asked to write down their goals and also asked to formulate action commitments and send their goals and action commitments to a supportive friend.

Group 5 were asked to formulate action commitments and send their goals, action commitments and weekly progress reports to a supportive friend.

The results of the study were as follows:

1. Study participants who wrote their goals down accomplished more than those who did not write their goals
2. Those who sent their commitments to a friend accomplished significantly more than those who wrote action commitments or did not write their goals.

3. Participants who sent weekly progress reports to their friend accomplished significantly more than those who had unwritten goals, wrote their goals, formulated action commitments or sent those action commitments to a friend.

So in summary:

- 1. Write your goals down**
- 2. Declare your goals and commitments publicly**
- 3. Send weekly progress reports to someone who will support you with your goal**

Declare your goals by posting them publicly and giving progress updates: www.facebook.com/pages/Vitality-Living-College/121600577917014

3. Make your outcome compelling, real and engaging

"Where there is no vision, people perish." – Proverbs 29:18

Once you have a goal the next step is to create a compelling outcome. Ask yourself the following set of questions to create a well-formed outcome:

1. What do you want? State in positive terms (for example, 'I am confident' rather than 'I don't want to feel anxious')
-
-

2. How will you know when you have got it? What will you see, hear and feel?

3. Where, when and with who do you want it?

4. Where, when and with who do you NOT want it?

5. If you could have it now, would you take it?

6. What resources do you need to get it?

7. What will happen when you get it?

8. How will getting it benefit you?

9. Do you want this change in any other situations?

10. How will making this change affect other aspects of your life?

11. What would happen if you did make that change?

12. What would happen if you didn't make this change?

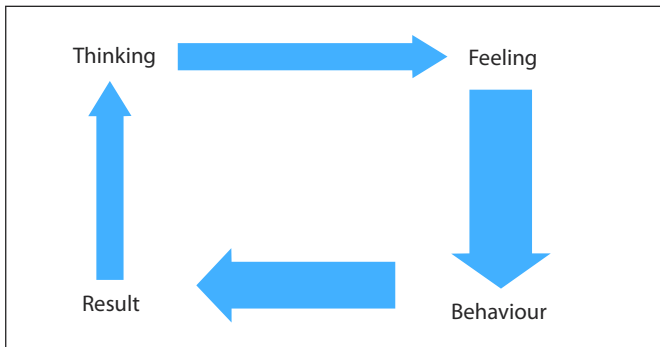
13. What would not happen if you did make this change?

14. What would not happen if you didn't make this change?

4. Change your thinking for best results

"The mind is everything. What we think, we become." – Buddha

Our thoughts create our feelings and our feelings determine our results. By changing your thinking you can create the results you want in life. This process is based on the science of neuro-linguistic programming (NLP).



Research PROVES change your thinking for best results

There is a convincing body of evidence that confirms that our thoughts create the neurological pathways or “grooves” in our brains. The more frequently we have a specific thought (or hear this thought verbalised through Eventually this “groove” takes the form of instinct, habit and ingrained values which becomes a part of our identity or who we are.

Researchers, using technology that allowed for taking an image of the brain, focused on verifying this information to attempt to benefit people with mental illness. The studies took three groups of people with Obsessive Compulsive Disorder (OCD). Here is the set-up and results of these studies:

1. The first group did nothing different for the 28 day period.
2. The second group took medication known to repair the neurological breakdown causing OCD.
3. The third group participated in talk-therapy and focused on changing their thoughts and behaviours, repeating affirmations or helpful phrases.
4. A ‘photo’ was taken of each participant’s brain before and after the study. The findings were:
 - The first group had no visible changes to the brain.
 - The second group had positive changes in behaviour and new ‘grooves’.
 - The third group had the same positive change as the second group!

The implications of this study certainly offer important information about taking charge of our thoughts and building a more productive and satisfying life.

To change your thinking, the first step is to start noticing your limiting thinking. What are all the things you say to yourself that have kept you from your goal. For example:

- Jill's belief that exercise was boring, painful and expensive prevented her from getting fitter and healthy
- David's disempowering thinking that he must not be too greedy kept him from increasing his business turnover
- Lalita's limiting thinking kept her from asking her boss for a raise as she felt she did not deserve it

Write down your old limiting thinking that has kept you from your goal:

Then ask yourself, what are your new thoughts that will empower you from this point? For example:

- Jill's new belief was that exercise allows her to have more energy and enjoy more of her time with her friends and family and it's fun
- David's new empowering thought was "I am allowed to have infinite wealth and abundance."
- Lalita's new thinking was "I deserve a raise – I am worth it."

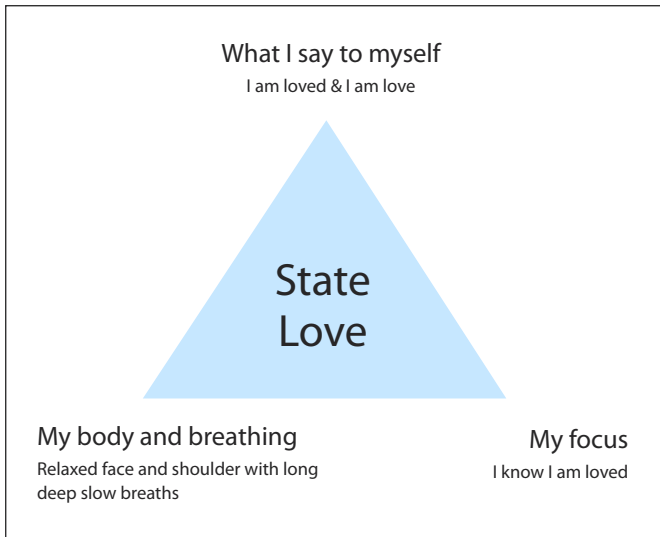
Write the new thoughts and beliefs that will empower you from this moment onwards:

5. Consistently create empowering states that are aligned with your goals

A state is an internal emotion or feeling. Examples of empowering states:

- Loved
- Peaceful
- Confident
- Calm
- Excited
- Happy
- Successful
- Alive

Each of these states has their own formula that can be mapped out on a triangle. For example, when I feel the state of 'loved' I say to myself "I am loved and I am love". I relax my face and shoulders, taking long, deep, slow breaths. My focus is on feeling loved, knowing I am loved.



Exercise: Creating my empowering states to create the life I want

Ask yourself: "How will I feel when I have the life I want? How will I feel in myself and how will I feel in my body? What will I be saying to myself?" Ask yourself what specific state you need to feel on a consistent basis to live the life you want, for example: Success, Confidence, Love, Passion, Inspiration...


Then take a moment to step into a specific time when you felt that way. Breathe how you breathe and feel how you feel when you felt that way. Ask yourself?

- What was my body posture like?

- How was I standing?
- Where was I breathing from?
- What was I saying to myself?
- What was my focus?

Write down what you discovered:

What I say to myself



My body and breathing My focus

6. Create empowering beliefs for yourself and others

"Whether you think you can or can't... you are right." – Henry Ford

Adopt beliefs that allow you to accept situations and move on from them in an empowering manner. I wonder what were to change for the better if you were to adopt empowering beliefs for yourself and others? Below are some of my favourite empowering beliefs:

- **The past does not equal the future; you can create your future now** – this allows you to have a clean slate when creating your future and not allowing the past to limit you in any way.
- **If you are doing what is not working do something different** – the more flexible you are, the higher the chance of success.
- **You are in charge of your mind and therefore your results** – this allows you to take accountability for your life and situations.
- **Everyone, including yourself, is doing the best they can with the resources they have available** – this belief allows self-compassion and stops the cycle of unhelpful self-blame.
- **There is no failure; only feedback and learning** – this allows mistakes and failures to become positive learning experiences.

7. Take action and celebrate

"Take massive action." – Anthony Robbins

Take action now. There is no time like the present when you are clear on your goal and feel inspired to attain it. I wonder what big actions and small actions are you committed to attaining your goal? How will you celebrate on completing the action?

What are the three actions you can take immediately to get yourself going?

How will you celebrate when you have completed the action?

Celebrate the victories and measure your progress.

The above principles are based on the science of NLP – a result-orientated coaching model that empowers you to create the life you want by:

- Understanding others and where they are coming from
- Uncovering and rooting out unhelpful thoughts and past situations
- Using powerful questions and metaphors to create the life you want

- Conditioning empowering thoughts and states to stay focused
- Creating a compelling future for the life you want

NLP can be learnt with a skilled trained and once learnt stays with you for life and can be applied to business, relationships, career, work, health and love, help you to:

- Achieve life and business goals
- Influence for win-win outcomes at work and home
- Mobilise teams at work to be successful
- Create more fulfilling relationships
- Improve health wellness and confidence
- Eliminate fears, phobias and limitations
- Lead and empower yourself and others

This powerful coaching model can be learnt as part of a personal development program or to become a practitioner to coach others at work or as a profession. Coaching is a very rewarding career that allows you to personally impact the lives of others and earn a living.

BREAKTHROUGH TO SUCCESS

NLP Practitioner training, Breakthrough coaching, Timeline Technology and Hypnosis in 7 jam packed highly interactive days

Breakthrough to success with NLP and coaching

What is Breakthrough coaching and NLP?

Put simply, Breakthrough coaching with NLP programs the body-mind for success.

NLP teaches you two fundamental things: how to run your brain to manifest what you want and how to communicate for success!

Breakthrough coaching is unique system developed by Dr Rangana Rupavi Choudhuri, that enhances this process by enabling real and rapid breakthroughs.

By understanding the programming language of the body-mind, negative programs can be deleted and new desired programs created.

NLP also helps you to understand other people's programs in order to communicate more effectively and influence for win-win outcomes.

Some applications of NLP are:

- Creating more fulfilling relationships
- Achieving life and business goals
- Influencing at work and home
- Mobilising teams at work to be successful
- Improving health, wellness and confidence

- Eliminating fears, phobias and limitations
- Leading and empowering yourself and others
- Increasing confidence to move towards the career you desire

The course contents include:

- How to communicate with anyone, anywhere with more power and impact
- Understanding what influences our thoughts and behaviour
- Overcoming challenges due to lack of motivation, weak goals and fear of rejection
- Creating more fulfilling personal and professional relationships
- Uncovering the motivations of others and using the knowledge to create win-win outcomes



Feel on top of the world



Better health



Happier at work



Great relationships

- Letting go of old beliefs and decisions that have limited you in the past and create lasting changes in any area of your life
- Access the resources of both the conscious and unconscious mind to gain the body's support in eliminating addictions
- Identifying the roots of relationship problems and creating new options for enhanced communication and love
- Make important decisions by eliminating unconscious conflicts
- Learn how the brain creates meaning and how to 're-frame' the meanings you and others give to the events in your life
- Use the timeline to eliminate past negativity and create a compelling future
- See how the tools of NLP fit together and are used in real world situations
- How to coach yourself and others in your life, in business or in relationships

For those of you who complete the 7 days, you will be qualified as an:

- NLP Practitioner with ANLP (Association of NLP)
- Hypnotherapy Practitioner (American Board of Hypnotherapy)
- Timeline Breakthrough coach (with Vitality Living College)

NLP Diploma – 3 days (all these skills are also covered during the 7 day Practitioner Training)

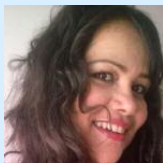
This is for anyone who wants to boost the quality of their life, health, work and relationships. The course contents include:

- Set practical, well-formed outcomes – the key to getting what you want

- Fine-tune your senses – how to be more sensitive to your own needs, and to those of others
- Build and maintain rapport – the key to successful relationships
- Understand how you and others process information
- Increase your flexibility and behaviour to have more choice
- Create your own personal state of excellence and maintain a resourceful state in others
- Eliminate negative states and move towards more empowering states
- Recognise and use powerful language patterns to empower yourself and others
- Enhance your personal effectiveness in communicating with and relating to others
- Resolve inner conflicts, creating inner balance and harmony
- Influence, lead, empower and motivate yourself and others

Personal experience of Breakthrough Coaching and NLP 7 day program

Author, healer and director, Nutan Kher, starts writing her pending book



"I am ready to write my book. It opened me up to writing and reading my pending book and thousands of other things."

Body pain and swelling disappears



Zaunty Gupta shed 15 kg in weight and went onto become a Health Coach and now helps others do the same:

“After attending NLP with Breakthrough

coaching I realised my patterns that keep me stuck and I finally motivated myself to embark on a health program and shed 15 kg in weight with healthy eating, good nutritional supplements and exercise. I am now a health and life coach and help others to do the same.”

Anil Khanna gets clear about her future and its direction



“I have clarity about my future, my vision and the direction I have to take and the goals. The rapport Dr Rangana Rupavi Choudhuri established – which kept growing every passing hour – led to everybody enjoying the sessions, getting present to

making breakthroughs.”

Saumya Sharma discovers her authentic true self



"I have found my own authentic self, my true self. I will be taking these skills with me in my daily life – both personally and professionally. I loved Rangana's authenticity, her presence and her ability to be present with each person."

Sreekumar Rajagopalan achieved what he wanted on Day 1 of the course!



"Everything I wanted from the course I achieved on Day 1!:"

"I achieved all the goals I wrote down on Day 1, especially my relationship with my father and rediscovery of my depth of admiration for him. During the course I learnt that I am really powerful beyond measure if I silence the chatter of my sacred doubting, logical conscious mind."

Sonalis Gupta found the Breakthrough to Success program the most life-changing ever!



"It's been the most life changing, rather life viewing, workshop for me ever. I owe me a big pat on my back for manifesting this for myself if I ever did in whatever way that I did. It couldn't have come in any other way or any other time. It was just meant to be."

Dr Arvinder Kaur finds her purpose clearly and connects with her Divine Self



"I learnt to be myself, loving myself first and only then can I let the love flow to others and be an pen channel for the Divine. I found my purpose clearly and could connect with me."

■ About the author



Rangana Rupavi Choudhuri (PhD) is the Founder & CEO of Vitality Living College and delivers trainings and seminars around the world. She is passionate about motivating people – about boosting their confidence and helping them to achieve their true potential.

Rangana Rupavi's clear and proven coaching style has encouraged audiences around the world to move out of their comfort zones – inspiring them to meet and exceed their personal and professional goals, over and over again.

For information about our internationally approved training courses, please go to www.vitalitylivingcollege.info

■ About Vitality Living College

We offer training in therapeutic and coaching skills like, emotional freedom techniques (EFT), neuro-linguistic programming (NLP), hypnosis, life coaching and executive coaching.

Our trainings are globally accredited providing professional certification, mentoring and business building set-up skills for well-ness and coaching professionals.

Book onto our courses to learn the skills to use on yourself or to become professionally qualified as a practitioner, coach or trainer.

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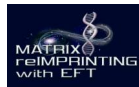
In this special booklet, Rangana Rupavi Choudhuri (PhD) of Vitality Living College, shares seven powerful steps for creating the life you want. Try them for yourself to live a happier, more fulfilling life.

help@vitalitylivingcollege.info

UK +447572419703

India +919920454749

www.vitalitylivingcollege.info



Be free