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In this issue

- **Living the Dream**
- **Acknowledging the positive**
- **Moving towards your dream**

A personal message from Tim & Sue

We enjoyed meeting many of you at the NLP Conference last weekend – what a fantastic event with so many excellent speakers and workshops.

It is always such a privilege to meet so many people with a common interest and share new ideas and ways of working together.

Those you of you who attended Sue's drumming session – great stuff! You certainly rocked with energy and as for the drumming...what a focused and enthusiastic way to end the day!

Featured Article

Living the Dream

I was particularly taken by one of the workshops at the weekend's conference about living the life you dream about and I have stopped to reflect since the weekend on how I am being true to my own values and living the life of my dreams...or at least, working towards this.

I am about to turn 40 and I have been surprised by the number of people who have told me in reassuring tones, *"Don't worry...life begins at 40!"* I would like to think that life isn't just beginning otherwise, what about all the fabulous experiences so far? For me, life is about enjoying the moment, living according to my values and making the most of life.

We enjoy travelling and often plan trips away... people quite frequently say... *"you are so lucky to be going there...or I wish I could do that."* I am generally quite reserved in my response, although the voice in my head is usually commenting... *"there's nothing lucky about deciding to pick up the phone and book a holiday."*

If we really want to do something or go somewhere, it's up to us to make it happen. People often say (especially people at NLP conferences!) that we get what we focus on. If we focus on living the life or aspects of the life we dream about then we can begin working towards living our dream.

Acknowledging the Positive

Do you ever make time to reflect on your day, acknowledge the positive and consider how you are doing?

It's easy for each day to pass by and for little things that happened to be forgotten. Sometimes those small things can bring a smile to our face at the time, so by reflecting on our day we have the opportunity to enjoy those moments again.

Tip of the month

Moving towards your dream

At the end of the day take a moment to reflect on the day and identify at least three things that you have done to move you closer to living your dream.

It might be that you have made someone smile or shared a funny moment with someone, or maybe you have booked a holiday or bought that fabulous pair of shoes that are just you!

As we build a strong impression of what it is like to be getting there and moving closer to our dream as we experience parts of it throughout the days and weeks this in turn means that we are living our dream...we get what we focus on.

If you have days where you struggle to find at least three things, plan some special moments, some treats, some experiences and make time for you.

Quotations to reflect on

"I'm sick of following my dreams. I'm just going to ask them where they're going and hook up with them later."

Mitch Hedberg (1968 – 2005)

"Keep true to the dreams of your youth."

Friedrich von Schiller (1759 – 1805)

"If one advances in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with success unexpected in common hours."

Henry David Thoreau (1817 - 1862)

"So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable."

Christopher Reeve (1952 – 2004)

Until next time,

Tim

Sue

Tim Maude & Sue Beckett

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