



April 2004

New Life Programming

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Presents: [NLP News / E-Zine Issue 3](#)

"Time is more valuable than money. You can get more money, but you cannot get more time." -- Jim Rohn

Hello again, well another two months has gone by; as we move into April we start to look forward to the better weather and longer days that we know is just around the corner. Just think we are ¼ way through the year already. This is a good time to think about the goals we set ourselves at the beginning of the year. Lets ask the question; how are those “New Years Resolutions” doing?

Remember; if you have not set “well formed outcomes” chances are they will never see the light of day.

News & Developments

“First learn to translate wisdom into strong emotions, then use this energy to achieve your dreams” - - Tony Nutley

The website now has much more information and resources available, including the following;

- Ask Tony (ask NLP questions and receive a personal answer from Tony)
- Success Evaluator Questioner
- Motivational & Coaching MP3 Audio Downloads
- Kick Start™ Pledge Card
- Kick Start-Dialogue™
- E-mail Personal Coaching Program (coming soon)

All of the above are available in the Learning Zone, simply click on to the website and click on Learning Zone. The Kick Start™ downloads on the Kick Start™ page. I will keep you posted on the additional tools and resources that we are working on as soon as they are available. If you have any suggestions be sure to let me know.

We are currently testing a system of ‘online coaching’ using MSN Messenger, when up and running this will be a powerful tool for those that wish to receive personal coaching, more information very soon.

I am currently working on a “modelling project” with Robert Dilts and I need your help. I will be asking everyone on the e-zine mailing list to help, I am sending out a “modelling questioner” soon. If you wish to take part please answer as many of the

questions as you can, then send the information back to me. This is a big project, however everyone that contributes to the project will be credited; receive a report on the results and a massive discount on the future product that will be developed, many thanks in advance

Finally, a word on sponsorship, currently our main sponsor for training and workshops is Swindon College; we also have a financial sponsorship from Amazon.co.uk. Every time you buy a book from them via our web site we receive a donation. So, next time you are thinking of buying a book or CD please visit us at www.new-life-programming.com and just click on the Amazon.co.uk link in the useful links page. Many thanks for your continued support.

Learning Zone

This is an outtake from the E-mail Personal Coaching Program (coming soon);

“Truthfully I believe the difference between a life of success or of disappointment is not our abilities or our ideas, no it’s the courage to take the first step, to accept responsibility for our actions and learn from our failures” - - Tony Nutley

Ask yourself the following questions;

What do I want?

Can you answer this question?... I mean really answer it, can you write down exactly what you want in life, is there a plan, for the next year, the next two years or five years? If you are not planning your life, then the guarantee is this; ***you are living and working hard on someone else’s plan***. Is that what you want? Is that your success?

How do I define Success?

What does success mean to you? More money, more happiness, more health, better job, being a better lover, just what does success mean to you? If you have difficulty defining just what success is, then the hard truth is you will never attain real success.

Ok, so now what I hear you say, do this, decide for yourself what success or life plan you want. Write it down. Come back to it in a day or so; is this want you really want? Often we change our mind on reflection so be sure this is what you want. Remember this is ‘YOUR SUCCESS’ not what other people say or suggest success is. Success is not thinking I want to be David Beckham or some other celebrity. That’s their success, what’s yours. If success in your mind is being just like “whoever” then prepare yourself for disappointment.

Success is also not just a single goal; it is a journey that marks off ‘successes’ in turn as you achieve each step along the way to your planed and unfolding future.

Success is an emotion; plan your journey to include as much of that emotion as possible, with each successful step experience and enjoy the emotion, use this as energy to move you even further along your path.

Remember, take a little time to decide your plan, set powerful outcomes, see yourself taking the journey and notice the evidence with each successful step. Most of all take action make the first step **NOW**. Make a call; tell someone that you are going to be calling him or her in a few days to tell him or her some news about you and your future.

Remember; 'there is no failure, just feedback' listen, notice and continue to take action. Action is key, wishing is passive in the extreme. Tack action; make the first step. This I can guarantee;

I can guarantee that there will be change in your future, this is a given.

What I cannot guarantee is that this change will be for the better, that it will bring happiness. Yes I guarantee change, only you can guarantee that this change will be good, and you can only do this if you get in the driving seat and take control, become effective, don't just be effected by other peoples plans. Have your own.

Remember; decide what you want, see this future, make it bigger, brighter, see yourself enjoying the success, now ask, what's the first step?.... take it.

Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals. Notice what's working, keep your eye on the goal. Keep changing your approach until you find the strategy that works.

Some things you have to do every day. Eating seven apples on Saturday night instead of one a day just isn't going to get the job done.

Success is nothing more than a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day. It is the accumulative weight of our disciplines and our judgments that leads us to either fortune or failure.

Make sure you are on the road to success; regularly check out the evidence that is in your life.

More next time....

“Let a person radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life.” -- James Allen

I wish you happiness and ongoing success.

Kind regards

Tony Nutley *MANLP MTLTAp*

Trainer & Life Coach

If you know someone that may enjoy this information please feel free to forward this on. If you have been given this and would like to receive your own copy please send a message to info@new-life-programming.com and say, "please add me" in the body text.

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