

July 2004



New Life Programming

Presents: [NLP News & Learning E-Zine Issue 5](#)

“Words do two major things: They provide food for the mind and create light for understanding and awareness.” - - *Jim Rohn*

Hello again, and a big welcome to all our new readers. I thought it would be a good idea to devote the entire issue to one subject, the power of words and successful communication.

News & Developments

“Vocabulary enables us to interpret and to express. If you have a limited vocabulary, you will also have a limited vision and a limited future” - - *Jim Rohn*

The [website](#) has had a revamp, the new layout and design is now complete and I am sure you will enjoy the new look and the new content that I plan to upload to the Learning Zone. After much thought I am experimenting with an [Online Journal](#) where I will post regular updates and comments on current events in the world, feel free to add your comments.

Remember our sponsors. [Jim Rohn International](#), [Amazon.co.uk](#) and our online digital partner [Lulu.com](#), all of these sites continue to help promote NLP and other Personal Development training and workshops by their financial support of [New Life Programming](#), many thanks for your ongoing support.

In the next issue of NLP News there will be news and information about lots of opportunities and new courses as well as an update on this years NLP Practitioner program.

Learning Zone

“Chose your words well, and mix them with measured emotion. This is the basis of successful teaching and motivating people into action”. - - *Tony Nutley*

The Power Of Language & The Words You Use

It's a fact that the subtle differences in our attitude, the driving force that holds us back or helps us create a successful future, can be affected by something as simple as the language we use.

Remember the NLP presupposition;

“The meaning of your communication is the response you get” - - Bandler & Grinder

This powerful wisdom can make a profound difference in your life, notice how you talk to yourself (internal dialogue) and others. It has been noted time after time the difference that changing your language patterns can bring about. Making a conscious decision to stop saying what you don't want or negative comments internally and to start saying what you do want or positive comments, can transform your outlook and in due course your results.

People find that when they start thinking (internal dialogue) and saying what they really want then their mind automatically focuses their attention in that direction. Sometimes it can be as simple as a tiny change in your “off the cuff comments” that can empower your attitude and your inner confidence.

Just take a moment, think about the sort of things you say, the throw away comments. The internal dialogue you have, do you beat yourself up more often than you say well done?

Ask some people you trust what sort of things you say about yourself, and to others. This feedback may be a real wake up call for change.

Some Words Of Inspiration

Nobody's Friend

Author Unknown

My name is Gossip.
I have no respect for justice.
I maim without killing.
I break hearts and ruin lives.
I am cunning and malicious
and gather strength with age.
The more I am quoted, the
more I am believed.
My victims are helpless. They
cannot protect themselves
against me because I have no
name and no face.
To track me down is impossible.
The harder you try, the
more elusive I become.
I am nobody's friend.
Once I tarnish a reputation,
it is never the same.
I topple governments
and wreck marriages.
I ruin careers

and cause sleepless nights,
heartaches,
and indigestion.
I make innocent people cry in their pillows.
Even my name hisses.
I am called Gossip.
I make headlines and headaches.
Before you repeat a story,
ask yourself:
Is it true?
Is it harmless?
Is it necessary?
If it isn't, don't repeat it.

More next time....

**“The most basic of all human needs is the need to understand and be understood.
The best way to understand people is to listen to them.” - - Ralph Nichols**

I wish you happiness and ongoing success.

Kind regards

Tony Nutley MANLP MTLTAp GQHP
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.

We respect your privacy; at NO time will we EVER pass on your e-mail address to another organisation.

We do NOT spam. If you **DO NOT** wish to receive this newsletter please let me know by replying to this address info@new-life-programming.com and say in the body text “no more please”

New Life Programming

New Life Programming
Suite 180 116 Commercial Road Swindon Wilts SN1 5BD

tonynutley@new-life-programming.com www.new-life-programming.com

© Copyright New Life Programming 2004

If you wish to use the content of this publication please credit Tony Nutley & New Life Programming, and include our web link.

www.new-life-programming.com