# Happiness Course – Guidebook

We are glad you are joining the weekly Global NLP Training's free Happiness Course over the next three months.

In this information packet, you will find some of the resources discussed in the videos and in the blog post.
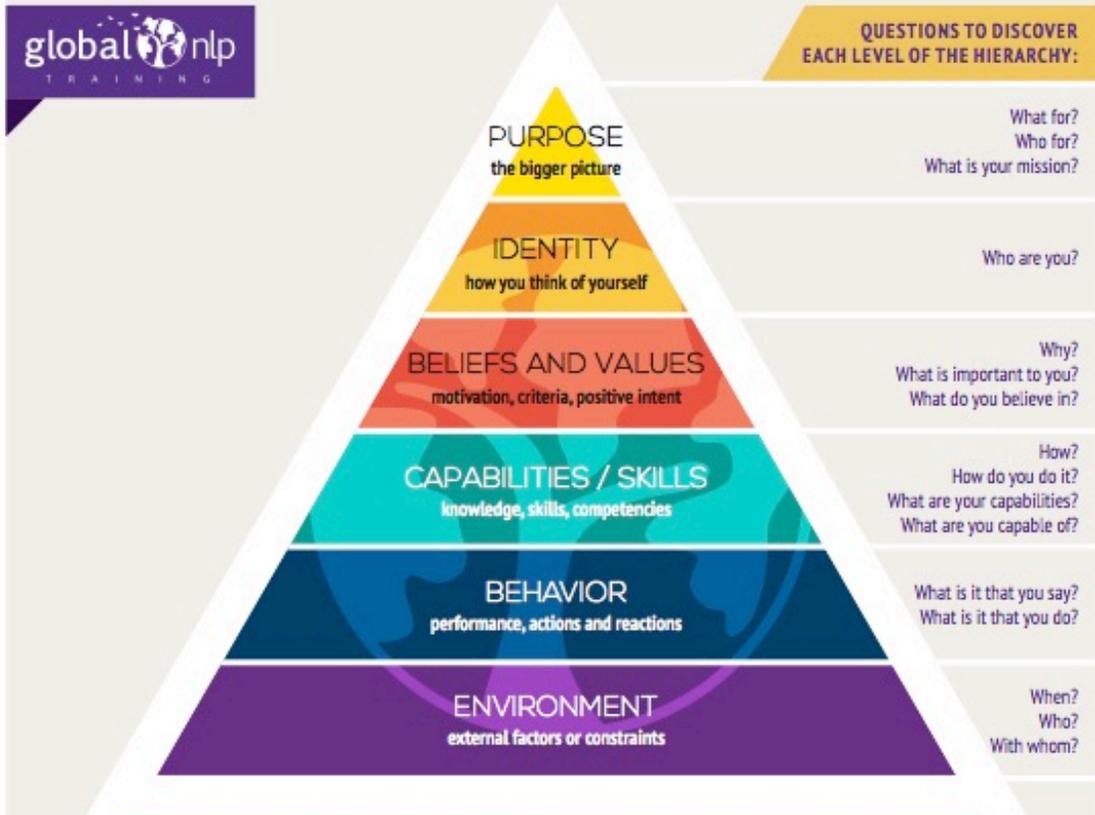
Our youtube channel can be found at http://www.youtube.com/globalnlptv

And our blog can be found at http://www.globalnlptraining.com/blog

For more information about NLP Training and life coach certification:
http://www.globalnlptraining.com

# THE LOGICAL LEVELS OF NLP

## from the lowest level to the highest level

**QUESTIONS TO DISCOVER EACH LEVEL OF THE HIERARCHY:**

**PURPOSE**
the bigger picture

What for?
Who for?
What is your mission?

**IDENTITY**
how you think of yourself

Who are you?

**BELIEFS AND VALUES**
motivation, criteria, positive intent

Why?
What is important to you?
What do you believe in?

**CAPABILITIES / SKILLS**
knowledge, skills, competencies

How?
How do you do it?
What are your capabilities?
What are you capable of?

**BEHAVIOR**
performance, actions and reactions

What is it that you say?
What is it that you do?

**ENVIRONMENT**
external factors or constraints

When?
Who?
With whom?

## THE RULES OF THUMB IN THE LOGICAL LEVELS OF NLP ARE:

1. A higher level organizes information of the lower levels.
2. Changes in the **lower** levels **CAN** affect a change in the higher levels
3. Changes in the **higher** levels **WILL** affect a change in the lower levels
4. Solutions are usually found in a higher level than where the problem is located.

### WELL-BEING & HAPPINESS IN POSITIVE PSYCHOLOGY: PERMA

**P** ....... Positive Emotion
**E** ....... Engagement & Flow
**R** ....... Relationships
**M** ....... Meaning & Purpose
**A** ....... Achievement & Accomplishment

The PERMA model was created by Martin E. P. Seligman, Ph.D.
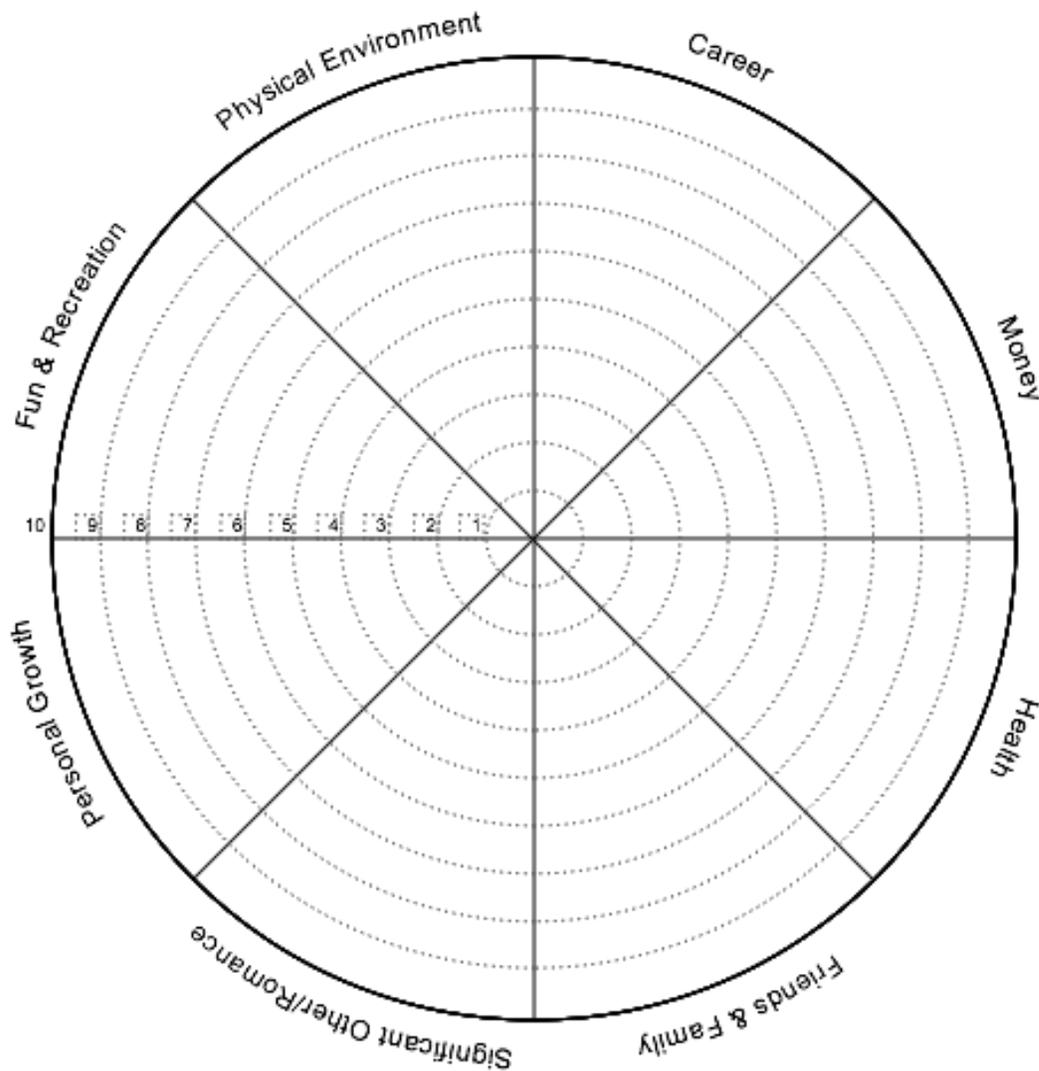*Author: "Flourish: A Visionary New Understanding of Happiness and Well-being" (2011)*

### ELEMENTS OF THE LIFE WHEEL

- Business & Career
- Finance
- Physical & Mental Health
- Family & Friends
- Significant Other & Romance
- Personal Development, Spirituality & Contribution
- Fun & Recreation
- Physical Environment

The life wheel is an essential tool for many life coaches. We recommend at minimum every 6 weeks to sit down with your life wheel and evaluate what areas of focus for you should be in the next 6 weeks. The life wheel allows you always to be conscious of how well you are managing all the different areas of your life.

At Global NLP Training we work in both the NLP Practitioner and Motivational Coach training with this life wheel, to facilitate: goal setting, determine what behaviors to change, switching from negative to positive emotions, and what limitations need to be removed or resolved. In NLP Master Practitioner and life coaching certification, we start determining what significant negative emotional events in our lives are at play that need to be addressed, and how anxiety, limiting decisions, advanced goal setting, inner conflict, and requirements for core change work need to be utilized inside the training.

The wheel diagram contains the following labels: Physical Environment, Career, Money, Health, Friends & Family, Significant Other/Romance, Personal Growth, Fun & Recreation. The scale is numbered from 10 (outer) to 1 (center).

## PERMA

Global NLP Training is unique in the NLP training industry to introduce a lot of science. NLP was created by studying the successful and outliers; science is based on what is found in lab environments and by testing and surveying average individuals, often undergraduate university students who study with the researchers.

One of the models we teach is PERMA. The scientific definition of happiness or well-being. A model developed by Dr. M. Seligman.

| P = Positive Emotion |
| --- |
| Level of satisfaction percentage: |

| E = Engagement & Flow |
| --- |
| Level of satisfaction percentage: |

| R = Relationships |
| --- |
| Level of satisfaction percentage: |

| M = Meaning & Purpose |
| --- |
| Level of satisfaction percentage: |

| A = Achievement & Accomplishment |
| --- |
| Level of satisfaction percentage: |

## VALUES

Leading a life true to your own values will bring you happiness.  When you ask someone what their values are, they think they can readily name them. Those are the values most conscious to you. But not the deep unconscious values that we talk about in our NLP training, the ones that form the very foundation that we stand on. And in essence, determine whether we are going to be happy or not.

A values elicitation has the highest level of accuracy if you seek out a coach who has been trained in this methodology. Most NLP training companies don't teach this process, as it cannot

be taught in a seminar with a large number of participants, if the NLP trainer tries to avoid things going too personal or deep, or if the program doesn't run as an immersion training. Interested in working with one of our students or trainers? Please email us if you wish to use the services of a coach to determine your values by emailing here: info@globalnlptraining.com. We will be happy to recommend a trainer or one of our students.  This is recommended, as your true values are genuinely the stepping stones or guidelines you must follow to become happy.

Cannot afford a life coach?

Though you run the risk that the accuracy is not "perfect," you can run a version of the process by yourself:

Step 1: What makes you happy in a relationship? (One word.)

Step 2: Go inside and ask the intuitive part of yourself, what is more, important and bigger than that, that this leads to? (You could close your eyes.)

Step 3: Keep repeating step 2 with the next word, until what you hit is a core value. You simply stop when you cannot go any higher, as it is the highest that there is. Take the least value below the core value and write it down.

Step 5: Repeat step 1-3 until you have 5 different values. (You may find you keep hitting the same value again, which means you start over the process until you have 5 values.)

Step 6: Put all values in order of importance.

## WELL-FORMED OUTCOME

Another word for goal setting in NLP is Well-Formed Outcomes. Global NLP Training teaches the process below, alongside tools to truly light up the brain.

**1. What do you want specifically?**

**2. How will you know when you have it?**

**3. Where specifically do you want it once you reach it?**

**4. When specifically do you want it?**

**5. With whom specifically do you want it?**

**6. How specifically will reaching your outcome change your life?**

**7. How specifically will it affect family, friends, job, and your health?**

**8. Is it worth what it will take once you have it?**

**9. When you achieve this result what else will improve?**

| 10. What specifically stops you from having the outcome now? |
| --- |
|  |

| 11. Which of the resources you have already have available could you use to achieve this result? |
| --- |
|  |

| 12. How specifically are you going to get there? |
| --- |
|  |

| 13. What specifically is the first step to begin reaching this result? |
| --- |
|  |