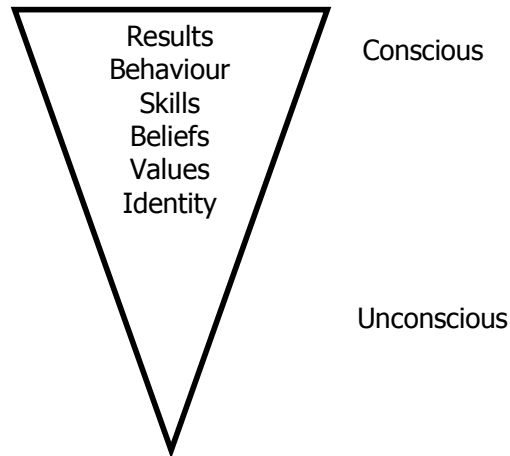


The Past Does Equal the Future! **By David Shephard**

Well, that got your attention and, it's true, the past does equal the future. The great thing is with advanced tools for personal change like Neuro Linguistic Programming and Time Line Therapy™ you can literally change the past, or at least change its relationship to the future you want to create. For most people the future they want to live is very different from the past they have had, yet they appear trapped by past experiences, limiting beliefs and conflicting values. They continue to behave in the way they always have done. The point, at which your future is created, is now. You are creating your future moment by moment, and by the way you behave now.

Robert Dilts, one of the first developers of NLP, created a model for human behaviour called Neurological Levels. It is shown below.



What this model says is that your behaviour effects your environment and the results you create. Your behaviour is determined by your skills and your abilities. I think, most people would agree that this is true to their life. Now comes the interesting part, our beliefs determine the skills that we use. If you had the skills to drive a car, for instance, and yet you didn't believe that you could, you would not exhibit the behaviour of driving a car because you probably wouldn't even get into the car! Henry Ford said, "Whether you believe you can or you can't, you're absolutely right". A very simple saying, and very powerful. Your beliefs literally shape your results.

Your personal values are the things that are most important to you, and they determine what motivates you most. You therefore take action to create results that satisfy your values. If you have the skills to drive a car, and you

believed that you could, yet because of your personal values, driving was not important to you, you would be unlikely to exhibit the behaviour of driving.

Finally, we reach the level of your identity, literally who you think you are. If you have the driving skills, the belief that you can drive and your values determine that driving is important to you, yet you see yourself as a none driver, then again your unlikely to get in the car and drive it.

As we move down from behaviour to identity we get to a more and more unconscious level. We are more consciously aware of our behaviour than our beliefs, values and identity. You will probably have also realised that if you make a change at the level of beliefs, values or identity you will create a dramatic change at the level of behaviour and therefore results.

It is likely we did not consciously choose our beliefs, values and identify as we got them from modelling our parents, teachers, friends, people in books, films and on TV. It is therefore unlikely that our beliefs, values and identity are supportive of the future we want to create. In order to easily create the future you desire in all areas of your life, be it financial, career, health, relationship or family, it is vital to have beliefs, values and an identity that are in alignment with your future goals.

Neuro Linguistic Programming, Hypnosis and Time Line Therapy™ offer many simple to use yet powerful tools for making changes at the level of your beliefs, values and identity. By using these tools you can truly change your behaviour now, so that you can create the future you desire. I believe that everyone has the birth right to have their future just the way they want it. Make the changes and start living it NOW!

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