

How to use those you hang around to be your best!

When you're feeling stuck, look around (and those you hang with) for inspiration and borrow some of their good habits.

Have you ever marvelled at how your friend manages to effortlessly fit three gym sessions and one swim into the week, or wondered how your boss finds it so easy to just push the plate away when he's had enough? The good news is that there is a way for you to learn from them what do and bring their good habits into your own life.

It's called **modelling** and is one of the techniques used in Neuro Linguistic Programming (NLP) ***. NLP was initially created in 1975 by two men, Richard Bandler and John Grinder, who discovered that you can 'model' human behaviour, and then, using the same model, create the same results in someone else. So, rather than just sighing and admiring someone else's willpower or stamina why not try modelling your habits on theirs - and see what you can learn from them? It's also a lovely way to strengthen friendships and show your friends how much you admire them!

Step one

Choose someone you admire. It could be a friend, colleague or relative who has built exercise into their life (and thoroughly enjoys it!) or just has a great relationship with food.

The best people to choose are those whose lives are not too different from yours. If you chose someone famous, or someone you don't necessarily know well, that's OK - but remember that it's harder to really understand how and why they do what they do if you can't ask them directly. And, let's face it, having your own personal chef and trainer as many celebrities do will make anything easier!

Step two

Spend some time watching them do what you admire. Find out as much about their habits as you can (without becoming a stalker!). If your colleague manages to get to a class before work and this is what you want to do, ask them how they manage it. Explain that you are genuinely interested and want to know if the answer will help you.

Often you may have to probe to find out the real motivating force. When you first ask they may just shrug and say: 'I don't know, I just manage it' - but as you dig deeper you may find that actually the key is that they buy a course of classes and feel that they'd be wasting money if they missed one. They may also pack their bag and leave it by the door so that it's easy to get going in the morning. All these practical little tidbits may help you.

Step three

Now you have to integrate what you have learned into your own life. If you probed your friend who never EVER eats her children's leftovers and found out that she scrapes them straight in the bin almost as soon as they have put down their knife and fork, then you need to practise doing the same. Even if years of conditioning about wasting food means that it's incredibly difficult for you! Just do what they do without thinking too much about it.

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Of course, what is right for your friend may not be right for you, but at least give it a good try before you decide that. On the other hand, you may find that you have found an easy way to achieve what you wanted and thoroughly improved your friendship into the bargain!

Champion Action:

- 1: Actively look out for mentors. **The people you surround yourself with matter.** The people you look up to, talk to and identify with can lead you to a positive life direction or a negative one. They can help you advance your potential or encourage you to stay stuck where you are. Who do you look up to for inspiration? What types of people do you surround yourself with? What role models help you build your self-esteem and confidence?
2. Model a **specific attribute**, not because of everything about them. Model people that you look up to and people who have succeeded in ways that you want to. They are people who act, in ways that show you what is possible and which encourage you to take bigger steps in your life than you might otherwise do.
3. **Choose** someone who has the courage to do what you would like to do. So who do you choose to hang with to be your best? What habits do you want to rub off onto you? Where can you find them? Who is suitable and why?

I want to be able to remain calm when challenged by road ragers! I want to be confident to hold my own and not be badgered to speed or change lanes. I want to be able to remain in-control of my life when someone is trying to undermine or manipulate me. My dream is to not let people get to me, however hard they argue, negate or put me down. And there are models and mentors around me doing just that. **I know who to model and what to do to achieve this...so that the self-doubt does not take over...do you?**

***[Shelley Taylor-Smith](http://www.championmindset.com.au) is a qualified NLP Trainer passionately committed to supporting individuals to think like a Champion, reach their potential and achieve their goals and outcomes. Find out more at: <http://www.championmindset.com.au>

PS: Now you can learn to be the best from the best! Learn from Michael Phelps, 8-time Olympic Gold Medallist and World Record Holder. Be Inspired. Be Motivated and Get a Kick in the Pants too...if you need one! [Click here to Think Like A Champion and Model Michael Phelps' Champion Habits into Your Life](#)

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