



Living-In-Formation
Neuro-Linguistics.Net

The 4 HNLP Keys to maintaining Empowered Performance

Read these 4 Keys, try them out, and integrate them into your life if you want to become the conscious creator of your results.

Key 1. Focus on what you Want

Your current results are an indication of what you are expending the most energy on because you get what you focus on with the most energy. So decide what you want in any area of your life and discipline yourself to focus on this rather than what you don't want.

Remember, when you don't want a particular experience, that's what you're paying attention to, and this is why it keeps showing up in your life. For fulfilling results, it's important to keep your focus on the positive outcomes which you intend on achieving.

To connect with the resource states that enable you to more easily achieve your desired outcomes, ask yourself: Who do I need to become in order to attract the circumstances that I want in my life? Be this person and you'll be well on your way to outstanding results.

Key 2. Be Agile

Now, as you're moving toward your desired outcomes and living them each step of the way, agility will be vital in order to get back on track should any obstacles throw you off course.

Being agile means having the behavioural flexibility that is required for you to navigate your way along the path of least resistance. And this means changing the way you perceive things and the way you do things, until you're getting the results that you want.

A wise man once said: Success is reached by staying committed to the destination and flexible as to the journey.

Agility also means becoming comfortable with the unknown, as this is the field from where new possibilities arise. In order to learn and have new experiences in your life, you have to be brave enough to step out of your comfort zone and into the unknown. Common sense and absolute fact may well be artifacts from an outdated paradigm, while becoming comfortable with uncertainty may be our path to a new one.

Even Albert Einstein believed that the kind of thinking that got you to where you are, is not the kind of thinking that will get you to where you want to go.

Key 3. Use Your Senses with Precision

To achieve your desire you've got to know whether you're getting closer to it or further away. Expand your awareness and learn to identify feedback. Even perceived setbacks and failures are just feedback.

Your 5 senses and your intuition are the antennas that receive the signals which are there to guide you forwards. Tune into the world around you and the world within you in order to make each moment count. In this way you can be joyfully grounded in the present while maintaining a peak performance state.

Key 4. Take action, now

Right now you have all the necessary inner resources to deal with any challenge and to perform at your best. The way to access those resources is to get into the appropriate mental and physical state that unlocks them. Your present state determines your current experience and it's the key to tapping your potential.

It's useless trying to achieve the state that you desire in order to experience it. Experiencing your desired state now is how you will achieve it. And the way in which you can experience your desired state now is through assuming its matching physiology and breathing pattern. Doing so will cultivate the thoughts and feelings which also contribute toward the experience of your desired state in the present moment.

Once achieved, allow your desired state to inspire appropriate action.

Being proactive and taking at least one small step at a time in the direction of your desire maintains your success momentum and develops your personal power.

Remember Aristotle's immortal words: "We are what we repeatedly do. Excellence then is not an act, but a habit."

Written by [Jevon Dangeli](#)– Certified NLP/HNLP Trainer & Coach

This article is a transcript of Track 7 on our [Empowered Performance with HNLP recording](#).