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Tasking for NLP Mastery

# The Unconscious Competence Calendar

# The Unconscious Competence Calendar

is a 12 week perpetual calendar. It is intended to help you master your NLP skills by offering you a daily task related to a specific NLP topic. Designed with ease of use in mind, the calendar helps you practice NLP in a directed way; gradually increasing your proficiency until you have reached your desired level of "unconscious competence".

week	1	-	<b>Sensory Acuity</b>
week	2	-	<b>Rapport</b>
week	3	-	<b>Perceptual Positions</b>
week	4	-	<b>State Elicitation</b>
week	5	-	<b>Anchoring</b>
week	6	-	<b>Meta-Model</b>
week	7	-	<b>Recognizing Incongruence</b>
week	8	-	<b>Predicates</b>
week	9	-	<b>Eye Accessing Cues</b>
week	10	-	<b>Minimal Cues</b>
week	11	-	<b>Strategies</b>
week	12	-	<b>Metaphor</b>

- Each Saturday is a self-tasking day. You are offered a chance to challenge yourself within the weekly topic.
- Sundays are integration days. You can integrate your learnings by relating the week's topic to a stated NLP presupposition.

## **NLP Comprehensive**

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# The Unconscious Competence Calendar

## Tasking for NLP Mastery

Welcome to The Unconscious Competence Calendar. This tasking calendar is designed to help you move through the following four stages of learning as you integrate your NLP practitioner level skills:

- **unconscious incompetence**
- **conscious incompetence**
- **conscious competence**
- **unconscious competence**

After using the calendar once, feel free to use it a second or third time until you have reached your desired level of competence.

## Monday

*Kinesthetic* - While taking a shower, pause for a moment to notice how the water feels against your body. Note temperature, water pressure, whether the spray is sharp or gentle, and how the water feels as it rolls off your body. Notice if these feelings are different on various parts of your body; e.g., back, face, abdomen. Now, adjust the temperature so that the water is slightly hotter. Notice all changes in your experience. Adjust the temperature so that the water is slightly cooler. Notice all changes in your experience.

## Tuesday

*Visual* - During a quiet moment, look out across what for you is a familiar outdoor scene. This may be your back yard, the view from your office window, etc. Take note of any small movements in your field of vision and focus in on the movement. What do you see? Now, in the overall scene, write down all the visual details that you can identify; e.g., quality of light, color, contrast, etc. Return in an hour or two and write down any differences.

## Wednesday

*Auditory* - While talking on the telephone today, become aware of the auditory qualities of each caller's voice. Is their voice high or low pitched, loud or soft? Write down as many characteristics as you are able to discern and then compare the qualities of each caller. If you find that you are only picking up a few auditory characteristics, stretch yourself to notice the more subtle, less obvious auditory qualities.

# Sensory Acuity

Week Ending

## Thursday

*Olfactory/Gustatory* - During your morning meal, eat as you would normally, noticing what you see, hear, feel, taste, and smell. For your second meal, prepare the meal as you would normally but when you sit down to eat, keep your eyes closed until you have finished. Notice the difference in your experience. Which sensory experiences are richer for you?

## Friday

*Friday Night Stretch* - Sit in a public place where you can see and hear other people interacting (restaurants or coffee shops are perfect). Watch their interactions and try to ascertain from their nonverbal communication the theme of their interactions. Does the interaction change over time? Are they displaying loving, angry, irritated, flirtatious, or some other behavior? How specifically can you tell? In the overall scene, what are you noticing visually? Auditorily? Kinesthetically? Olfactorily? Gustatorily?

## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of sensory acuity?

## Sunday

*Day of integration* - Today keep in mind the NLP presupposition, *People Work Perfectly*. How can you use your sensory acuity to affirm this presupposition?

**Monday**

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While engaging in conversation with a friend, family member, or co-worker, notice whether or not you are matching their body posture. How is the interaction going? Now adjust your body posture to match or mismatch, as appropriate. What happens? How is the interaction affected? How is your internal experience affected?

Do this task several times today and note any differences.

**Tuesday**

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During a casual conversation with someone today, deliberately mirror their body posture. Duplicate in yourself any movements (tapping finger on desk, tapping foot, etc.) they may be making and regulate your breathing rate to match theirs. Was this already happening naturally? If not, what effect did these changes have on your interaction?

Do this task several times today and note any differences.

**Wednesday**

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While talking on the telephone today, become aware of the tone, pitch, and speed of the caller's voice. Are you matching or mismatching these qualities? Deliberately match as much as possible. What happens with the conversation? What happens in your experience? Now deliberately mismatch. What happens?

Do this task several times today and note any differences.

## Thursday

Approach someone you don't know (store clerk, someone in the elevator, etc.) and establish rapport. How did it go? What specifically did you do to establish rapport with this person? What additional behaviors could you utilize with someone in a bad mood?

## Friday

*Friday Night Stretch* - Sit in a public place where you can watch other people interacting (again, restaurants or coffee shops are perfect). In what ways are the different groups of people in physical rapport? Are there groups of people who are not in physical rapport? What kind of nonverbal signals are you getting about these groups' interactions? Is it different from those groups who are in physical rapport? How specifically?

## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of rapport?

## Sunday

*Day of integration* - Today keep in mind the NLP pre-supposition, *The meaning of your communication is the response that you get*. How does your ability to establish and maintain rapport affect the responses that you get to your communications?

**Monday**

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During your lunch break today, step into *other* position by taking on the attributes of your best friend or spouse. What would that person eat for lunch? How would they see, hear, and feel what is around them during this lunch break?

Assume, as closely as possible, their physiology and experience this lunch as they might experience it. At the end of the lunch break, step back into *self* position to resume your day. What was that experience like for you? What did you learn?

**Tuesday**

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In an interaction with your family today, step into *observer* position and notice the specifics of this interaction. Assume the physiology of observer by leaning back slightly. Watch and listen to yourself in the interaction. Notice your contribution to this interaction. After a few minutes as observer, what new information do you have about the role each family member played in this interaction? Step back into self with your new learnings.

**Wednesday**

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Take some time to be alone, stand and step completely into *self*. As you experience yourself, note what you see through your own eyes...the colors, the shapes, whether the room is light or dark. Now hear through your own ears...the sounds that are close as well as those that are distant, the sound of your own breath as you inhale and exhale. Now feel what is happening with your body...the temperature against your skin; the gentle beating of your heart; the blood coursing through your veins; become aware of your own boundaries, values, and feelings. What state are you in now? After a few moments, write down what you learned about yourself.



# Perceptual Positions

Week Ending

Thursday

During a conversation today with a friend, family member, or co-worker, experience shifting from *self*, to *other*, to *observer*. What do you notice about your own experience? What did you sense about the other person's experience? What did you learn about the interaction? How is this ability to shift perceptual positions valuable?

Friday

*Friday Night Stretch* - Go to a public place where you can watch other people interacting (shopping malls work well). As you watch them, decide: Who is in *self* position? Who is in *other* position? Who is in an *observer* role? How specifically can you tell? Which perceptual position are you in as you do this exercise?

Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of perceptual positions?

Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *People respond to their map of reality, not to reality itself*. How does your ability to change perceptual positions affect your map? How can this ability be valuable in understanding others' maps?

**Monday**

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Eliciting states from others is a fine art that can be accomplished in several ways. The first requirement, however, is that you, yourself, have the ability to access a variety of states and maintain them. To practice, access the following states fully while standing before a full length mirror: fun, confidence, peacefulness, excitement, joy, and curiosity. What did you notice about your physiology as you watched yourself in each state? Go through each state again and notice the smallest details of your physiology. How can you use this information when calibrating others' states?

**Tuesday**

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Today identify someone at home or at work who is feeling sad or down. Using the principles of *pacing and leading*, establish rapport with this person and lead them to a state of peacefulness. What specific steps did you take in eliciting peacefulness in this person? What state(s) did you have to access yourself to get them there?

**Wednesday**

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Today identify someone at home or at work who is feeling confused. This might be one of your children doing their homework or a co-worker presented with a new project. After establishing rapport, ask them to *recall a time* when they were very clear about how to proceed. Did this lead them out of their confused state? What other states might be helpful in this situation? What was your internal state as you facilitated this person to a more resourceful place?

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## Thursday

In a casual interaction today with a friend or co-worker, *behave* in a way that is not the way you normally behave. You might fling your arms up and out; hug yourself while humming; peer with great curiosity at the top of their head, etc. What happens to their state when you behave this way? What happens to your state?

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## Friday

*Friday Night Stretch* - Go to dinner with your spouse or a friend. The restaurant should be one that you have been to, but one that the other person has not tried. *Tell a story* (a "make believe" story) about the first time you were in that restaurant...a time when the food was terrible! Describe in detail the ways in which the food was terrible. (Watch for state changes in your companion.) Continue the story and bring it logically to a point in which you were in the restaurant again and the food was terrific! Can you name the states your companion went through from terrible to terrific? What states did you go experience? Did you do that intentionally?

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## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of state elicitation?

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## Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *The element in a system with the most flexibility is usually the controlling element*. How can your ability to access desired states in yourself increase your chances of having the most flexibility in your communications?

**Monday**

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Today notice the physical anchors that you have in place in your work environment. Does the cartoon on your desk make you smile? Does the chair where you normally sit elicit a positive state for you? How can you enhance (or change) physical anchors so that your work day is as pleasant and as productive as you want it to be?

**Tuesday**

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Access a state of excellence in yourself. This state could be peacefulness, energy, confidence, or any positive state that you know you can use throughout your day today. As you experience this state fully, physically anchor this state on your left wrist. At least three times during the day - perhaps when you need a lift, squeeze your left wrist and notice what happens to your state.

**Wednesday**

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Today take the time to play a familiar audio CD, tape, or record. Choose one that you haven't heard for a few years. As the music begins, notice what images come to mind. Are there certain selections that impact you emotionally? How? Does this auditory anchor elicit certain feelings; take you back in time; send you to another place? How can you use auditory anchors in your day to day life to communicate well with others?

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## Thursday

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Tonight watch about an hour of television. Choose a talk show or a show in which a person is being interviewed. During the interview what anchors (visual, auditory, and kinesthetic) does the person being interviewed use unconsciously? Are they also using space anchors to physically mark out certain points they want to make? How? What about the interviewer? Can you identify the anchors that person is using? How could a more conscious use of anchors have enhanced each of their presentations?

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## Friday

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*Friday Night Stretch* - Sit in a public place where you can see and hear other people interacting (a shopping mall or bowling alley is good for this activity). As you watch and listen, notice the naturally occurring anchors. What forms are these anchors taking? What are the effects of these anchors?

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## Saturday

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*Self tasking* - How can you challenge yourself today to grow in the area of anchoring?

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## Sunday

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*Day of integration* - Today, keep in mind the NLP pre-supposition, *People already have all the resources they need*. How can you use anchoring to integrate appropriate resources when they are needed?

**Monday**

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As you participate in conversations today, notice deletions in your language and the language of others. For example, "I'm angry." Response might be, "About what specifically?" Write down the deletions in your expressions as well as those communicated by others. If you did not respond to these deletions, how could you have responded to facilitate clearer communications?

**Tuesday**

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Today notice *distortions* in your language and the language of others. For example, "When you talk about me to our manager, I feel violated." Response might be, "How does my talking to the manager make you feel violated?" Write down the distortions in your expressions as well as those communicated by others. If you did not respond to these distortions, how could you have responded to facilitate clearer communications?

**Wednesday**

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As you participate in conversations today, notice *generalizations* in your language and the language of others. For example, "Nobody cares about me." Response might be, "Can you think of any person who cares about you?" Write down the generalizations in your expressions as well as those communicated by others. If you did not respond to these generalizations, how could you have responded to facilitate clearer communications?

Thursday

Today notice *nominalizations* in your language and the language of others. For example, "I have a tremendous amount of productivity in my department." Response might be, "What specifically are you producing?" Write down the nominalizations in your expressions as well as those communicated by others. If you did not respond to these nominalizations, how could you have responded to facilitate clearer communications?

Friday

*Friday Night Stretch* - Sit in a public place where you can hear other people interacting (the grocery or video store is a good spot). Listen to their conversations and pick out as many deletions, distortions, generalizations and nominalizations as you can. What effect do these meta-model violations have on the conversation? If you were participating in these interactions, how could you respond that would bring the other person to an awareness of their language?

Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of meta-model?

Sunday

*Day of integration* - Today keep in mind the NLP pre-supposition, *Anything can be accomplished when we break the task down into small enough chunks*. How can the meta-model be one tool that can assist you in chunking down?

## Monday

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Today you'll be watching for examples of *simultaneous* incongruence in your family members and/or co-workers. This task will require your visual and auditory acuity. A person who is displaying simultaneous incongruity might say, "Yes, I'd love to go to the movies," while shaking their head no. Write down what people say and do when they are simultaneously incongruent. What body movements are you noticing? Are you ever simultaneously incongruent? How do you know?

## Tuesday

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Another form of incongruence is *sequential* incongruence. A person who is displaying sequential incongruity might say, "Yes, I'd love to go to the movies...but, on second thought, hiking might be fun, too." Write down what people say and do when they are sequentially incongruent. What body movements are you noticing? Are these movements the same or different from the movements of the person who is simultaneously incongruent? Are you ever sequentially incongruent? How do you know?

## Wednesday

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During telephone conversations today notice auditorily when your communication partners are incongruent. How specifically can you tell? What phrases, words, or sounds are they using that let you know they are incongruent? Now identify if they are simultaneously or sequentially incongruent. Are the phrases, words, or sounds different in these two types of incongruity? How specifically? What are your feelings as you communicate with someone who is incongruent?



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## Thursday

Tonight watch about an hour of television with the sound off. Choose a talk show or a show in which a person is being interviewed. Watch for the body movements that indicate incongruence. Since the people being interviewed are probably sitting down, you'll be able to notice the more subtle facial and hand gestures that indicate incongruence. What are those gestures? Do different people use similar gestures when they are incongruent?

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## Friday

*Friday Night Stretch* - Sometime today you may be asked about your evening or weekend plans. Since you can now easily recognize incongruence in others, be aware of incongruities in yourself. Do different options create incongruence in you? What does it feel like to be incongruent? How does your body move and what do you say? When you are incongruent how does it affect the people with whom you are interacting? How do you know when you are completely congruent about something? What are the differences in your experience?

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## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of recognizing incongruence in yourself and others?

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## Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *People always make the best choice available to them at the time*. How does incongruence (or congruence) affect the choices you make?

**Monday**

Today notice when your communication partners use predicates of *meaning*. For example, “I understand what you’re saying,” or “Do you understand me?” What are your internal representations when they use predicates of meaning? Do you think these representations are what they intended to create in you?

**Tuesday**

During a break from your work routine, take the time to participate in a casual conversation with a co-worker or family member. Does this person primarily use visual, auditory, or kinesthetic predicates? Is this a match or mismatch for you? What happens to your internal experience as you listen to them?

**Wednesday**

In casual conversations, determine if you primarily use visual, auditory, or kinesthetic predicates. Once that is determined, switch to any other system and begin using that system’s predicates. (For example, if you normally use visual predicates, switch to auditory or kinesthetic.) What happens in your experience? Do you notice any differences in the way the communication is going?

# Predicates

Week Ending

Thursday

Today engage in conversation with a friend or family member (someone who is familiar with you). Referencing Wednesday's task, use the remaining system's predicates in your conversations. For example, if yesterday you started out using visual predicates, then switched to auditory, today use kinesthetic predicates. Note what happens in your internal experience. Are there any differences in the way your communication partner responds to you?

Friday

*Friday Night Stretch* - Sit in a public place where you can hear other people interacting. (Try a different restaurant this time.) Listen to their predicates. How do they use predicates to influence their partner(s)? What can you tell about the speaker by listening to their predicates?

Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of predicates?

Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *Choice is better than no choice*. How can the use of predicates be one effective way of affording you more choice?

**Monday**

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Today take as many opportunities as possible to ask people questions that require that they access information. For example, "Do you remember when..." or "What was it like for you when you..." Watch their eye movements. Instead of deciding whether they are accessing visually, auditorily, or kinesthetically, pay close attention to the series of movements that occurs. What do you notice?

**Tuesday**

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*Visual* - Today pay particular attention to visual accesses. Are there people who simply defocus and don't move their eyes upward? Are there people who don't seem to access visually at all? What happens if you ask them what they're seeing?

**Wednesday**

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*Auditory* - Today pay particular attention to auditory accesses. Are there people who stay primarily in internal dialog? Are there people who don't seem to access auditorily at all? What happens if you ask them what they're hearing?

# Eye Accessing Cues

Week Ending

Thursday

*Kinesthetic* - Today pay particular attention to kinesthetic accesses. How do you know your companion is not reversed? What question could you ask to help determine that they are indeed accessing kinesthetically? What happens if you ask them what they're feeling?

Friday

*Friday Night Stretch* - Sit in a public place where you can view other people interacting (this time you could go to a popular movie and watch people who are waiting in line). Watch their eye accessing cues. What conclusions can you draw about these people? How much better are you today at determining how a person accesses information than you were last Friday?

Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of eye accessing cues?

Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *Communication is redundant*. How can your acuity in interpreting eye accessing cues support the fact that people communicate in all communication channels?

**Monday**

Today notice when your communication partners use predicates of *meaning*. For example, “I understand what you’re saying,” or “Do you understand me?” What are your internal representations when they use predicates of meaning? Do you think these representations are what they intended to create in you?

**Tuesday**

During a break from your work routine, take the time to participate in a casual conversation with a co-worker or family member. Does this person primarily use visual, auditory, or kinesthetic predicates? Is this a match or mismatch for you? What happens to your internal experience as you listen to them?

**Wednesday**

In casual conversations, determine if you primarily use visual, auditory, or kinesthetic predicates. Once that is determined, switch to any other system and begin using that system’s predicates. (For example, if you normally use visual predicates, switch to auditory or kinesthetic.) What happens in your experience? Do you notice any differences in the way the communication is going?

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## Thursday

Today engage in conversation with a friend or family member (someone who is familiar with you). Referencing Wednesday's task, use the remaining system's predicates in your conversations. For example, if yesterday you started out using visual predicates, then switched to auditory, today use kinesthetic predicates. Note what happens in your internal experience. Are there any differences in the way your communication partner responds to you?

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## Friday

*Friday Night Stretch* - Sit in a public place where you can hear other people interacting. (Try a different restaurant this time.) Listen to their predicates. How do they use predicates to influence their partner(s)? What can you tell about the speaker by listening to their predicates?

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## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of predicates?

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## Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *Choice is better than no choice*. How can the use of predicates be one effective way of affording you more choice?

**Monday**

Today take as many opportunities as possible to ask people questions that require that they access information. For example, "Do you remember when..." or "What was it like for you when you..." Watch their eye movements. Instead of deciding whether they are accessing visually, auditorily, or kinesthetically, pay close attention to the series of movements that occurs. What do you notice?

**Tuesday**

*Visual* - Today pay particular attention to visual accesses. Are there people who simply defocus and don't move their eyes upward? Are there people who don't seem to access visually at all? What happens if you ask them what they're seeing?

**Wednesday**

*Auditory* - Today pay particular attention to auditory accesses. Are there people who stay primarily in internal dialog? Are there people who don't seem to access auditorily at all? What happens if you ask them what they're hearing?



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## Thursday

*Kinesthetic* - Today pay particular attention to kinesthetic accesses. How do you know your companion is not reversed? What question could you ask to help determine that they are indeed accessing kinesthetically? What happens if you ask them what they're feeling?

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## Friday

*Friday Night Stretch* - Sit in a public place where you can view other people interacting (this time you could go to a popular movie and watch people who are waiting in line). Watch their eye accessing cues. What conclusions can you draw about these people? How much better are you today at determining how a person accesses information than you were last Friday?

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## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of eye accessing cues?

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## Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *Communication is redundant*. How can your acuity in interpreting eye accessing cues support the fact that people communicate in all communication channels?

**Monday**

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Minimal cues are another way (along with eye accessing cues and predicates) to determine a person's preferred communication channel. Tonight watch about an hour of television with the sound off. Choose a talk show or a show in which a person is being interviewed. In addition to eye accessing cues, what other body movements are present? Can you start to make some correlations between their body movements and their eye accessing cues?

**Tuesday**

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*Visual* - By paying close attention to last week's tasks, you have determined that some people with whom you interact on a regular basis use the visual channel as their primary communication channel. Today spend some time with one of these people and notice their body movements as they access information and interact with you. What specific body movements let you know they are in the visual channel? When you interact with a second person who is primarily visual, do you notice similar body movements, or are their movements different? What happens to your internal experience when you "try on" these body movements?

**Wednesday**

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*Auditory* - Today spend some time with a person you have identified as being a primarily auditory communicator. Notice their body movements as they access information and interact with you. What specific body movements let you know they are in the auditory channel? When you interact with another person who is primarily auditory, do you notice similar body movements, or are their movements different? What happens to your internal experience when you "try on" these body movements?

## Thursday

*Kinesthetic* - By now you have identified several people who use the kinesthetic channel as their primary communication channel. Today spend some time with one of these people and notice their body movements as they access information and interact with you. What specific body movements let you know they are in the kinesthetic channel? When you interact with another person who is primarily kinesthetic, do you notice similar body movements, or are their movements different? What happens to your internal experience when you "try on" these body movements?

## Friday

*Friday Night Stretch* - Sit in a public place where you can watch other people interacting (again, restaurants or coffee shops work best). Watch their interactions and, using minimal cues only, identify the primary communication channel for the people you are watching. Next, confirm your deduction about their primary channel by watching their eye accessing cues and listening to their predicates. Were you right?

## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of minimal cues?

## Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *Every behavior is useful in some context*. In which contexts can your ability to assume the visual, auditory and kinesthetic physiological behaviors be valuable in your communication?

## Monday

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While getting dressed this morning, notice your *decision* strategy for choosing what you are going to wear. Slow the decision process **way** down and write down each step of your strategy. Identify the visual, auditory, and kinesthetic components of your strategy. Which component is the most significant in your decision? Is one of the components missing from your strategy? What did you learn about yourself?

## Tuesday

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Elicit your *motivational* strategy for going to work. Next, elicit your motivational strategy for going to do your favorite sport or hobby. Are these strategies the same or different? What are the most significant components in these two strategies? Are these components the same or different?

## Wednesday

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Access a learning state fully. Remember a specific time when you were a virtual learning machine. What can you tell about your *learning* strategy? How do you know when it is time to learn something new? What internal steps do you take to ensure that you are learning the material or task? How specifically do you recognize that you have learned what you set out to learn? How do you know when it is time to stop this specific learning process?

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## Thursday

Elicit from your spouse or a close friend their strategy for choosing what to wear each day. Make sure that you have a detailed sequence and make sure that it is a very different strategy from yours (if it isn't, choose someone else). Use their strategy for choosing what you will wear tomorrow, knowing that this is only an experiment and that you can keep your own strategy for every other day. What is it like? Does their strategy work well for you? If not, which components seem the least effective? Which components work well?

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## Friday

*Friday Night Stretch* - Go out to dinner with a friend or your spouse. Before ordering - and with their permission - elicit their decision strategy about what they are going to order from the menu. Use their strategy to decide what you are going to order. Is it the same dish that you would order using your own strategy? How do you know?

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## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of strategies?

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## Sunday

*Day of integration* - Today, keep in mind the NLP pre-supposition, *Anyone can do anything*. How can the use of strategies allow you to model another's behavior or accomplishment, enabling you to do what they do?

## Monday

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Today during your regular routine at work or at home, pay particular attention to the metaphors you and others use in everyday conversation. Listen for comments like, “That was a *breeze*,” or “We were really on *target* in that meeting,” or “I ran into a lot of *speedbumps* during that project.” What do these metaphors tell you about the person speaking? As you listen to specific individuals over time, can you make any assumptions about their life metaphor?

## Tuesday

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Make a list of several metaphors that relate to you as an NLP practitioner. For example, being an NLP practitioner is like being a *magician*, *healer*, *golfer*, *soaring eagle*, etc. When your list is complete, describe the ways in which being an NLP practitioner is like being a *magician*, *healer*, etc. For example, “Being an NLP practitioner is like being a magician because things happen in wondrous ways”.

## Wednesday

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From Tuesday’s task, take your list of metaphors and describe the ways that each metaphor is **not** like being an NLP practitioner. For example, “Being an NLP practitioner is not like being a *magician* because in NLP we work with people instead of rabbits”.

## Thursday

Using each of the following categories (animal, sound, geo-graphical element, sport), choose a metaphor with which to complete this sentence: "My life is like \_\_\_\_\_." For example: My life is like an elephant (animal) / the tinkling of a bell (sound) / a river (geographical element) / a rugby match (sport). List the ways in which your life is like and is not like the choices you made. What did you learn about yourself? Create three additional categories and go through the same process. What was significant about the categories you created? What response themes do you notice across categories?

## Friday

*Friday Night Stretch* - Go to a public place where you can watch other people interacting (that restaurant or coffee shop you've been frequenting will do). As you watch the scene around you, describe the scene in a one or two word metaphor. Next, locate a group of people who are really having fun together. What metaphor could describe them? Next, locate a group of people who are clearly not having fun. What metaphor could you create that, if you were able to tell them the metaphor, would move them in the direction of having more fun?

## Saturday

*Self tasking* - How can you challenge yourself today to grow in the area of metaphor?

## Sunday

*Day of integration* - Today, keep in mind the NLP presupposition, *There is no such thing as failure, only feedback*. What metaphor could you create that would communicate this presupposition?





We welcome your input and suggestions for  
**The Unconscious Competence Calendar™.**

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