

The 12 Days of Christmas

Day 12 – Twelve Steps to a Delightful 2016

With Barbara Stepp

On the twelfth day of Christmas, my true love gave to me Twelve Steps to a Delightful 2016.

Roger: Hello everybody and welcome to the 12 Days of Christmas. We're here day 12. My name is Roger and I am the Founder and CEO of Tri-Vision Global and The Entrepreneurs Pit Stop. I have the distinct honor and privilege to share with you today Barbara J. Stepp who is an NLP and DHE master trainer. She is a premier coach, consultant, a clinical hypnotherapist. She teaches no fault psychology and other than conscious communication as well as operates a school of hypnosis where she teaches and certifies in hypnosis.

She has been in the personal development field for over 45 years. She is often called the fairy godmother of NLP and she is the NLP granny and legendary Barb. She was willed no fault psychology and other than conscious communication by its founder and her life and professional partner, Dr. Dave Dobson. Today, her program is entitled the 12 Steps to a Delightful 2016.

Barbara, thank you for being on the program, welcome and we are excited to have you here.

Barbara: Well thank you for inviting me. It's a pleasure to be here. I think before I get into all of these 12 steps, I'd just like to let everyone know that I have a Christmas gift for you that you're going to be able to download at the end of this presentation. It's an MP3 meditation on creating what you want. I think you'll find it very useful and you can get that at the end of the presentation.

Now I have worked with thousands upon thousands of people, helping them to create and achieve their goals. One of the things that I've discovered is that [inaudible 00:02:09] people find that they have something that maybe holds them back or prevents them from reaching their goals. Throughout my work with people for all these years, we've come to the conclusion that love is obviously the opposite of fear. What happens is mostly it's fear that keeps people from realizing their hopes, their dreams, their desires, their goals and achieving them.

We're not born with fear. We're not born with fear patterns. We learn them. We are very critical of ourselves usually. How can we have less fear or none and more unconditional love for ourselves and for others?

We'll take a moment and imagine you are your own best friend, and ask yourself, how do I know when I feel that fear? What you're doing is discovering those visual sensations that let you know that, and you're creating an early warning system that lets you steer

your own boat, so to speak, or choose your own responses as a response [able 00:03:43] adopt.

You can also take a deep breath, and let out a sigh, get curious and with some humor, smile maybe big and say, "I wonder what that's about." Because when we bring it into our awareness, we lessen the limiting patterns' power. Then you can do something else, do anything else. We call that a pattern interrupt. You can ask a question like what's the best thing for me to do right now. You can learn new patterns to create whatever you want and be aware. You need to be aware of our internal and external language, which is conscious. Our language creates our reality, and it's the mirror of the mind.

Forget about limiting language and use resourceful, positive, productive words and experience more positive productive, valuable feelings, which are more motivating.

Another step ... I have already given you several ... is to use a simple method to set goals. This is what I have used for years, and this is one of the things that I offer to my clients to help them reach their goals. If you take a moment and you write this down, one, what do I want? There is your goal. Two, why do I want it? There are feelings that you get as a result of achieving this goal, and those feelings put power behind a goal.

Then you can ask yourself how? How will I get it? That's the big picture of the process. Then you jump down really small to the steps you are going to take to actually do it to achieve the goal.

Now we have a conscious mind and an other than conscious mind, sometimes called the unconscious by people. They are still the same. What I see our other than conscious mind as is our higher self. It's not judgmental. It's very literal, so be careful what to say or what to ask for or what to say after I am, I want. It loves us unconditionally. The sole job of our other than conscious mind is to make sure you and I are the most well-functioning, fulfilled humans that we can be.

Now with that in mind, before you go to sleep at night, focus on what it is that you want. What is your goal or goals? You can tell your other than conscious mind what you want while you're sleeping. Your other than conscious will take care of the job and will handle it. Because remember, your other than conscious mind is on the job 24X7, always there for you to help you be the best you can be.

Now after you've done these, don't be surprised. Don't be delightfully surprised, as I often am, when you receive ahas and ideas, and you start becoming more creative with your hopes, your dreams, your desires, your goals. Because you will start getting more and more creative. I have experienced this with myself and with thousands of people that I've worked with over these 45 years or so.

Of course, the last step, excuse me, is to use the MP3 as you will. I think you'll find it extremely helpful in being able to fully create the goals and achieve the goals that you want to achieve in 2016. I say to you now, enjoy 2016 and unconditional self-love. It

starts with you and it has the ripple effect, and that unconditional love goes out to the rest of humanity.

Enjoy your wonderful 2016, have a marvelous [one 00:09:23] and thank you very much for allowing me to present these ideas to you.

Roger: Wow. Thank you, Barbara. That's really wonderful ideas, and they are so helpful too. I know you've got a ... given me the opportunity to have one of those cassettes personalized for me, and that has been such a joy to listen to it daily. Let me ask you this. What's your focus right now as we transition from 2015 to 2016?

Barbara: Well obviously I'm already starting now. I've started already and I suggest to everyone who has hopes, dreams, goals you want to create in 2016, start now.

My focus is right now on my one year program. It's a program that has one year of coaching and mentoring, but it also has many courses and classes that are both online and that are in person with me. You work with me personally always and you get to learn NLP, Neuro Linguistic Programming. You get to learn and get certified in hypnosis. You get to learn no fault psychology, which is very powerful and that of unconscious communication as well as more.

It's the program I'm the fondest of because it's helped so many people over so many years. I don't ... There aren't a lot of people around the world who get to work with me [one-on-one 00:11:03], and this is the perfect opportunity, and I love people, as you know.

Roger: [Indeed 00:11:10].

Barbara: My second who is my master leader program which is a program where I do a live call every month, teaching something I think that's very practical and useful skills for now and for the future. Those are the things I'm focusing on the most, and of course I'm always coaching and doing private client work.

Roger: Right, right. What are some of the benefits that people walk away with when they go through the program and they work with you? What can they experience firsthand?

Barbara: Oh there is so much. They experience how to be more aware, notice more about themselves and begin to get in touch with themselves and realize that they get to know themselves better and better and better. They build skills that they can use in whatever profession they are in, skills for effective and outstanding communication. Of course, they learn how to feel better or to feel really good most of the time. Those are some of the things. There are so many skills that I could list, but becoming an excellent, very effective communicator is one of the top ones.

Roger: I know having worked with you too, the confidence that comes from being able to control your own feelings and direct your own thoughts in the way you want to go as opposed to careening from wall to wall as Jim [Marone 00:12:53] used to say is a

tremendous gift. The peace that one experiences when working with you is unsurpassed.

Barbara: Thank you.

Roger: It's such a joy.

Barbara: Thank you. Most people experience that and tell me that. Most people come to me really not in charge. They are not in charge of their own responses or their own thoughts, their own words, their own language. Even the fear that they have. When they walk away from my one year program, they have that, and more.

Roger: Yeah. I can attest to that. Let me ask you. As we transition from 2015 into 2016, can you share a belief that motivates you to be as creative and inspirational as you are?

Barbara: Well I can share a couple of things really quickly. My life's mission, my purpose in life is now and has always been to create a loving and powerful difference in the world and inspire people to live their dreams. That's my goal. That's what I live for.

One of the beliefs I have I kind of borrowed from Helen Keller a long, long time ago when she said, "Life is either a daring adventure or it is nothing." I have a belief that life is an adventure and so am I. As you know, it's gotten me through a lot of challenges that I've had. We all go through them, no matter who we are.

Roger: Right, right. It reminds me of that quote that ... I'm just paraphrasing it ... It says life is not to arrive at the end safely and secure, but rather to pull up ... to come skidding up to the curveball banged up, bruised up and say, wow, what an adventure.

Barbara: That's right, and that's what I believe.

Roger: Well now how can people follow up with you, Barbara, if they want to learn more and they want to get involved in either the one year program or the master's leaders program? What's the best way to take the next step with you?

Barbara: Well the best step I think or the best thing to do first will be to check out my website, and my contact information is on it. If anybody wants to talk to me personally about the one year program or anything, I always welcome the calls. I love to talk with you. My website is simply xcelquest.com. That's X-C-E-L-Q-U-E-S-T.com.

Roger: Is there a particular place on your website that you'd like to have them go and then something specific that you want them to focus on? Obviously, we want them to look at all the content that's there. It's very rich with valuable information. Is there a place you'd like to direct them specifically?

Barbara: Well they can read about my work and what I do. They can read about hypnosis and coaching. They can read about no fault psychology, other than conscious communication, NLP, designing and engineering. They can also simply go to my

calendar. My calendar is on the website. You can just go to the calendar and you'll see everything that I do that's all listed for the entire year and the whole 2016 planned already.

Roger: That's a good thing. So many people run into 2016 with just New Year's resolutions, and they fail to plan out the whole year. They miss out on such a-

Barbara: Yeah.

Roger: Such a joyous adventure. Tell me-

Barbara: New Year's resolutions don't work.

Roger: Right. About 15 to 30 days into the New Year, they are right back where they were before.

Barbara: Yeah. That's why I get a lot of calls for help.

Roger: On a quick side note, unpack a little bit for us, if you can, no fault psychology and other than conscious communication. What's that really all about and how does it help the individual to learn that skill?

Barbara: Well my husband, who is no longer with us, Dr. David Dobson, was a psychologist. He started out as a Freudian as most do and he realized he wasn't helping people as much as he wanted to, and he was a people helper. He loved people. He started working on and coming up with a better way to help his patients. He came up with no fault psychology which is the exact [polarity 00:17:45] of Freudism. In other words, you know what Freud said, "Everything is somebody else's fault." It's your mother's fault, your father's fault, your preacher's fault." Whatever.

According to no fault psychology, it's not your mother's fault or your father's fault, your minister, your priest. It's not even your fault. It's nobody's fault. What we can do is look at mistakes that we've made [inaudible 00:18:15]. Well now how can I do this better? How can I move forward and create the life that I want?

Underneath that as part of no fault psychology is other than conscious communication. What that tells us is that we have a conscious mind and other than conscious mind. Our language of course is conscious and everything else is other than conscious. We learn how to pay attention to other people's other than conscious patterns of behavior and how to pay attention to our own.

Within the field, what I do in my class is I teach you how to connect with anyone in an instant by respectfully acknowledging a piece of their other than conscious behavior. Most of us aren't aware of our own. That's the simplest explanation I can give you, it entails an entire body of knowledge and wisdom and experience and skills to help one's self as well as to add value to other people [sides 00:19:33]. It's all about being a loving, caring ... a person with unconditional love as an effective communicator.

Roger: Yeah, that's [crosstalk 00:19:50]-

Barbara: There is so much more to it. I know we don't have time for me to give you the whole rundown, which is why I didn't go into great detail on anything. I was trying to be respectful of time.

Roger: We appreciate that. It's amazing because it sounds like really what you're doing is giving people the manual on how to run their brain. Because when we're born, we really don't realize that we have the power to make decisions. With those decisions come results, be it good, be it bad. Once we're given personal control of our own brain, we can learn from our mistakes and then progress and develop into incredible individuals and human beings.

Barbara: Right.

Roger: Wow.

Barbara: Exactly so.

Roger: Well thank you Barbara. It was such a joy to be able to have you on today's call, and we'll look forward to-

Barbara: Can I say one last thing?

Roger: Yes, please do. Share one last final thought for us.

Barbara: Forget about New Year's resolution. They don't work. You want to do is create what you desire, your hopes, your dreams, your goals. What do you want to create in 2016? What do you want to have? Who do you want in your life? What do you want to accomplish? What do you want to achieve? Use those simple steps that I gave you to figure that out, and start now, if you haven't already. Don't wait till 2016. Do it now and have an adventurous 2016.

Roger: So true, so true. Yeah, why put off what you can do today. Thank you Barbara. It was a pleasure.

Barbara: You are very welcome.

Roger: Well you have-

Barbara: It's my pleasure.

Roger: You have a beautiful 2015, a very Merry, Merry Christmas, and look forward to working with you in 2016 and all the wisdom you have to share.

Barbara: Well I wish the same to you and Merry Christmas and Happy New Year to everyone who is listening to this.