

The Walt Disney strategy



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how to create and manifest your dream life

This is what you'll learn;

- how to work with that creative part of you to access infinite possibilities so you can create your dream life

- how to know (feel) what is not right or not working for you

- how to work with you inner dreamer, -realist and -critic so you can actually manifest and make your dreams reality

But first this!



Walt Disney, Robert Dilts and NLP

Walt Disney had a certain way to create and put into reality his ideas.

Robert Dilts -one of the NLP pioneers translated this approach into a NLP strategy;

The Disney Strategy

NLP

NLP stands for Neuro-Linguistic Programming;

3 most influential components involved in producing human experience:
neurology, language and programming.

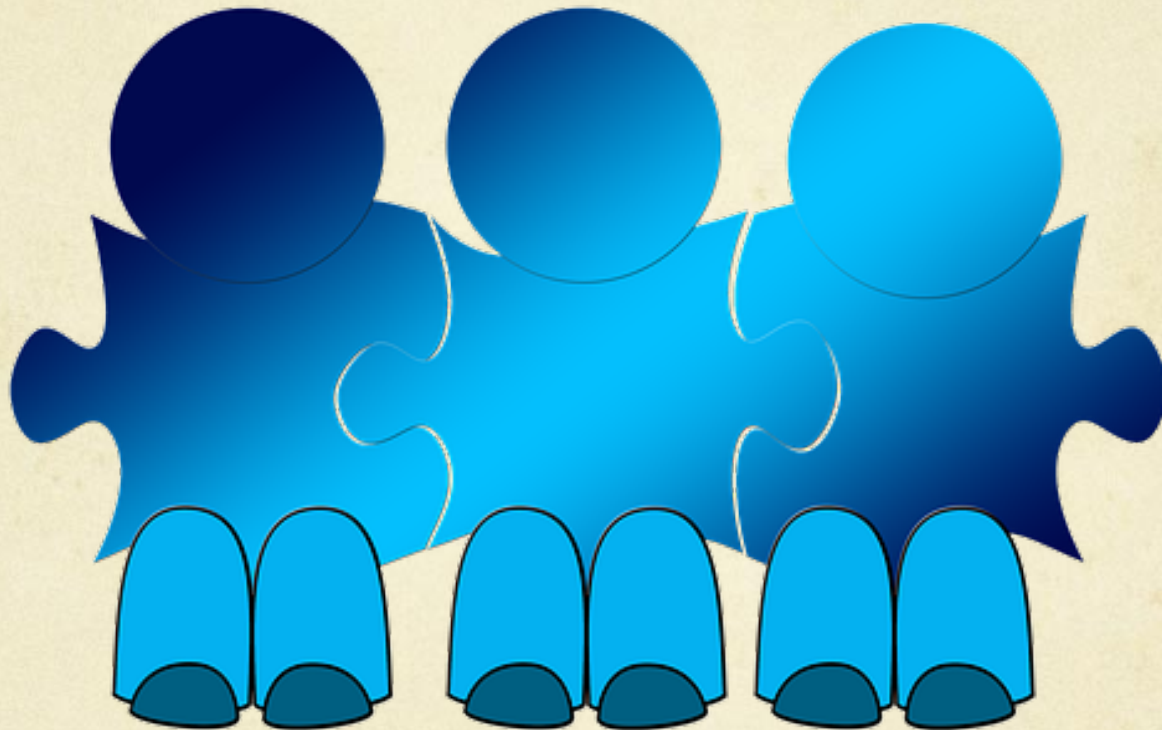
NLP addresses the many levels involved in being human and provides tools and skills for the development of individual excellence, wisdom and vision.

In essence, all of NLP is founded on two fundamental presuppositions:

1. As human beings, we can only ever know our perceptions of reality.
2. Life and 'Mind' are Systemic Processes.

"The people who are most effective are the ones who have a map of the world that allows them to perceive the greatest number of available choices and perspectives. Excellence comes from having many choices. Wisdom comes from having multiple perspectives".

The Disney Strategy



The Disney strategy takes 3 perspectives;

1. The dreamer; What?

Beyond limits, fears, visualize, most imaginative, 'blue sky thinking', no judgments.

2. The realist: How?

How can I make this happen, how will it look in the future, pragmatic, plan step by step and make it happen

3. The critic; why?

Why do this? The evaluator who refines what the dreamer and realist came up with.

The Disney Strategy

Step by step

-Take 4 pieces of paper.

Write down 1 name on each sheet;

1. Dreamer,

2. Realist,

3. Critic

4. Meta (or leave blank).

Meta means 'outside off', it is a more insightful perspective (from the side line)

-Choose 4 locations (on the floor or use seats).

-Place all 4 sheets of paper on the seats or on the floor. Make sure the seats/positions are well divided, well away from each other.

-Think back to a time when you had an idea and you could dream about it free format.

-Now sit down on the dreamer seat and think back to that time. See what you saw, heard, felt, smelled.

If you cannot find such an occasion, let this be the 1st time!

-Get up from the dreamer's seat and sit or step onto the Meta paper. Clear your mind, shift focus, think of your favourite animal, flower, colour.

-Now think of a time where you were able to form a plan, have clear steps in your mind or in your actions to get something done.

-Sit on the realistic paper and relive the experience. See what you saw, hear what you heard, felt, smelled.

-Now get up from the realist's seat and onto the blank paper. Clear your mind, shift focus, what did you wear yesterday?

-Now think of a time when you were able to constructively criticise a plan. What were the pros and con's, what could go wrong, what would go right.

-Step onto the critic spot. Think back to that time; what did you see, feel, hear, notice. Or create your first positive critic experience here now!

-Step off the critic paper and onto the blank paper. Clear your mind, shift focus, what was your last meal?

Taking your time, go around each seat/spot passing between them to consider what you are learning, feeling, observing.

Pick an outcome you want to achieve, or something you are seemingly stuck on.

1. Take your seat in the dreamer seat.

Be Walt Disney, dream a big, beautiful, fun, wonderful story on what you would love to experience. Without limitations, as if you lived in fairytale land and anything was possible and anything beyond that even. Think and let your creativity flow freely like a child would dream and create, without judgement, fear, boundaries or what one would consider socially acceptable. If nothing seems to come ask yourself, 'what else is possible? I wonder, I wonder, show me!' Take your time and be amazed! When you feel it is complete, get up and sit on the blank/Meta paper and think of an animal.

2. Sit in the realist seat.

See the steps you need to take in relation to the dream you came up with. No judgement, no worries, just steps. Again take your time. When you feel it is complete, get up, sit on Meta and think of a piece of clothing.

3. Sit in the Critic seat.

Continue with the realist plans and look at those. Is anything missing? Is there anything that could not work? Any criticism that might come up, turn them into questions for the dreamer. Again take your time. Get out of the seat, onto Meta and think of a car, train, favourite pair of shoes.

1. Sit in the dreamer seat and come up with creative solutions to the critic's questions
2. Go to Meta sheet, focus on something neutral
3. Go to Realist sheet; what steps to take given the dreamers input
4. Go to Meta sheet, focus on something neutral
5. Sit in Critic seat, check the new plans and steps
6. Go to Meta sheet, focus on something neutral

You can go through the steps as long as you like until you feel it is done or you are ready to put your plans and input into action.

Remember, you can always go back to these parts within you to revise any plans or create new ones.

Combine the strength of your inner dreamer, inner realist and inner critic and you will live a life of balance.



Act, learn and tweak



