



# *The Inner Framework*

**FREE STARTER PACK**

6 x Worksheets To Begin Your Journey

A taster of the tools that change everything.

Free. Practical. Yours to keep.

Presence. Process. Power.

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# WELCOME

You are holding six of the most practical tools from the Mindful NLP (Neuro-Linguistic Programming) curriculum.

Each one is designed to be used independently — you do not need to have studied NLP to get immediate value from these worksheets. You need only a willingness to be honest with yourself and a pen.

They are drawn from four of the eleven Mindful NLP modules: Foundations, Meta-Programs, Rapport & State, and Precision Questioning. Together they give you a genuine taste of what NLP makes possible — and a foundation you can begin using in your life and work today.

## **What's inside:**

1. The Presupposition Challenge: Try on the belief that changes everything
2. Your Meta-Program Snapshot: map the invisible patterns running your mind
3. Your Communication Model Audit: find where you are filtering reality
4. The Well-Formed Outcome Worksheet: build a goal that is actually achievable
5. Your State Inventory: understand and begin to manage your internal world
6. The Precision Question Practice: ask the question that actually opens something

## **How to use this pack:**

Work through one worksheet at a time. Write honestly. The reflection spaces are for your real answers — not the ones that sound best.

If you want to go deeper on any of these tools — and the nine others from the full curriculum — the complete Mindful NLP workbook is available at [mindfulnlpcoach.com](http://mindfulnlpcoach.com).

# WORKSHEET 1

## THE PRESUPPOSITION CHALLENGE

### From Module 1: The NLP Foundations

NLP operates from a set of beliefs called presuppositions — working assumptions that, when held as true, change how you show up in every conversation and every challenge.

You are not being asked to believe them permanently. You are being invited to try one on for seven days and notice what changes.

Read the 18 NLP Presuppositions:

1. Our map is not the territory, but a representation of the territory
2. We respond to our map of reality, not to reality itself
3. The meaning of communication is the response you get
4. There is no failure, only feedback
5. The Law of Flexibility (Requisite Variety)
6. Mind and body are one system
7. People work perfectly. It's the frame that isn't fitting the context
8. People have all the resources they need to succeed
9. If one person can do something, it can be modelled and taught
10. It's always better to have choice than no choice
11. NLP adds choices — it never takes them away
12. When words and behaviour don't match, trust the behaviour
13. Memory and imagination are neurologically real
14. People are more than their behaviour, words, emotions, and roles
15. Behind every behaviour is a positive intention
16. Resistance signals insufficient rapport — and is necessary
17. There is an abundance of personal resources
18. The meaning of your past is not fixed

# WORKSHEET 1

## THE PRESUPPOSITION CHALLENGE

From Module 1: The NLP Foundations

**Choose the one that challenges you most — the one you notice resistance to:**

My chosen presupposition: \_\_\_\_\_

*Why does this one create friction for me?*

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*What would need to be true — about myself, others, or the world — for this to feel completely true?*

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*If I operated as if this were absolutely true for the next seven days, what specifically would change:*

*In a current difficult relationship:*

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# WORKSHEET 1

## THE PRESUPPOSITION CHALLENGE

From Module 1: The NLP Foundations

*In a current difficult relationship:*

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*In how I respond to my own mistakes:*

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*In a situation where I currently feel stuck:*

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**Your seven-day experiment:**

*Write the presupposition on a card. Put it somewhere you will see it every morning.  
At the end of seven days, come back and write what you noticed:*

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# WORKSHEET 2

## YOUR META-PROGRAM SNAPSHOT

### From Module 2: Meta-Programs

Meta-Programs are the invisible sorting patterns that determine how you filter experience, what motivates you, how you process information, and why some conversations feel effortless and others feel like pushing water uphill.

Answer each question quickly and honestly — your first response is usually the most accurate.

#### **Question 1: What do you want from your work in the next 12 months?**

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Did you describe what you want to achieve and gain (Toward) — or what you want to avoid, fix, or move away from (Away From)?

#### **Question 2: How do you know when you have done a good job?**

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Did you refer to your own inner sense of quality (Internal) — or to external feedback, results, or others' responses (External)?

# WORKSHEET 2

## YOUR META-PROGRAM SNAPSHOT

From Module 2: Meta-Programs

**Question 3: Describe how you explained something to someone recently.**

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Did you start with the big picture overview (Global) — or go straight into steps, sequence, and specific detail (Specific)?

**Question 4: Write five things you are committed to right now, using whatever words come naturally:**

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Count: how many times did you use words like have to, must, need to, should (Necessity) vs. want to, choose to, love to, could (Possibility)?

Necessity words: \_\_\_\_\_ Possibility words: \_\_\_\_\_ Dominant pattern: \_\_\_\_\_

# WORKSHEET 2

## YOUR META-PROGRAM SNAPSHOT

From Module 2: Meta-Programs

### Your Snapshot

The Meta-Program pattern that most serves me right now:

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The pattern that most limits me — and one area of my life where developing flexibility would change things:

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*Your Meta-Programs are not your personality. They are your current defaults. Defaults can be updated. Seeing yours clearly — without judgment — is the first step toward having more choice about when to lean into them and when to flex beyond them.*

# WORKSHEET 3

## YOUR COMMUNICATION MODEL AUDIT

From Module 1: The NLP Foundations

Your brain processes approximately 2 million bits of sensory information every second. You are consciously aware of approximately seven. The rest is deleted, distorted, or generalised before it reaches your awareness.

This worksheet helps you identify where your filtering is most active — and what it might be costing you.

**Choose a current situation in your life where you are experiencing friction, difficulty, or a stuck feeling:**

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**DELETION — What might you not be seeing?**

What information exists in this situation that you might be discounting, minimising, or simply not paying attention to? What evidence is available that does not fit your current story?

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# WORKSHEET 3

## YOUR COMMUNICATION MODEL AUDIT

From Module 1: The NLP Foundations

### **DISTORTION – What meaning have you added that might not be accurate?**

Where have you assigned interpretation to neutral data and treated it as fact? What are you certain about that you have not actually verified?

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Specifically: is there a "she thinks...", "he meant...", "they always..." in your story about this situation?

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### **GENERALISATION – What specific experience have you extended into a universal rule?**

Has one or a few experiences become an "always", "never", or "everyone" statement that is shaping how you interpret this situation?

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# WORKSHEET 3

## YOUR COMMUNICATION MODEL AUDIT

From Module 1: The NLP Foundations

### The new view:

Having looked through all three lenses — what shifts in your experience of this situation?

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If the others involved are also running their own deletions, distortions, and generalisations — what might their map of this situation look like?

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*You did not construct your map of this situation to cause difficulty. You constructed it automatically, using the best information available to your nervous system. Seeing the construction does not invalidate your experience — it gives you more choice about how to respond to it.*

# WORKSHEET 4

## THE WELL-FORMED OUTCOME

From Module 1: The NLP Foundations

Most goals fail not because of lack of motivation but because of lack of structure. A Well-Formed Outcome is NLP's framework for a goal that is genuinely achievable — positive, owned, specific, ecological, and resourced.

Choose one goal you are currently working toward — or one you have been avoiding starting.

### Step 1 — State it in the positive

What do you want? Not what you want to stop, avoid, or move away from.

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*If your first answer was negative ("I want to stop feeling overwhelmed"), ask: if that were gone, what would you have instead?*

### Step 2 — Make it yours

Is achieving this within your control to initiate and maintain — or does it depend on someone else changing first?

If it depends on others: what can you do regardless of what they do?

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# WORKSHEET 4

## THE WELL-FORMED OUTCOME

From Module 1: The NLP Foundations

### Step 3 — Make it specific

What exactly will this look like, where and when? Vague outcomes produce vague results. What will you specifically see, hear, or feel when you have achieved it?

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### Step 4 — Check the ecology

What will you gain? What might you need to give up or risk? Is any part of you concerned about achieving this?

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### Step 5 — Resource it

What do you already have — skills, strengths, experience, relationships — that will support this?

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# WORKSHEET 4

## THE WELL-FORMED OUTCOME

From Module 1: The NLP Foundations

### Step 5 — Resource it

What do you still need — and how will you access it?

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**Your Well-Formed Outcome statement — written in present tense, as if already true:**

"I am ....."  
and I ....."  
I know this because I ....."

**Your first step — and the date you will take it:**

Step: ....."  
Date: ....."

*A goal that has passed through these five steps is no longer just a wish. It is a commitment — to something specific, owned, real, and resourced. Notice how it feels different in your body to hold this version compared to the first one you wrote.*

# WORKSHEET 5

## YOUR STATE INVENTORY

From Module 4: Rapport & State Mastery

Your state — the total neurophysiological condition you are in at any moment — determines more about what is available to you than almost any other variable. The goal, the skill, the relationship — all of it is experienced through the filter of your current state.

This worksheet helps you map your states, understand what generates them, and begin to develop the ability to choose them more deliberately.

### Part 1: Your Current Habitual States

Think across a typical week. What states do you most frequently find yourself in?

At work or in your professional role:

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In your most important relationships:

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When facing something challenging or uncertain:

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When you are at your best — what does that state feel like physically?

Location in the body: .....

Quality (warm, expansive, clear, grounded, energised etc): .....

Breathing pattern: .....

Posture and physical quality: .....

# WORKSHEET 5

## YOUR STATE INVENTORY

From Module 4: Rapport & State Mastery

### Part 2: Your Limiting States

The state that most gets in the way of your performance or relationships:

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When does it most commonly arise?

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What is the very first sign that it is beginning — before it fully establishes?

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What triggers it most reliably?

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*Positive intention check:* What might this state be trying to protect or achieve for you?

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# WORKSHEET 5

## YOUR STATE INVENTORY

From Module 4: Rapport & State Mastery

### Part 3: Your Resourceful States

The state in which you do your best work or show up most fully:

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Think of a specific recent time you were in this state. What was happening?

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What specifically created the conditions for it?

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*How to access it more deliberately:* based on what you know about that state, what could you do physiologically, representationally, or linguistically to access it on demand?

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*You are always in a state. The question is never whether you have one — it is whether you are choosing it or being chosen by it. This worksheet has just given you significantly more information about your answer to that question*

# WORKSHEET 6

## THE PRECISION QUESTION PRACTICE

### From Module 5: Precision Questioning & the Meta-Model

Most questions we ask — of ourselves and others — barely scratch the surface of what is actually happening. The Meta-Model is NLP's framework for asking the question that actually opens something.

This worksheet introduces three of the most common language patterns and the questions that challenge them.

#### **Pattern 1: Universal Quantifiers**

Words like always, never, everyone, no one, everything, nothing.

These extend a specific experience into a universal rule — and in doing so, close off the possibility of things being different.

- Listen for: "I always get this wrong." "Nobody takes me seriously." "I never know what to say."
- The question: "Always? Has there been even one time when...?" / "Never — not even once?"

A universal quantifier you notice yourself using regularly:

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The Meta-Model question that challenges it:

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What opens up when you ask it honestly:

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# WORKSHEET 6

## THE PRECISION QUESTION PRACTICE

From Module 5: Precision Questioning & the Meta-Model

### Pattern 2: Modal Operators of Possibility

"I can't", "I could never", "It's impossible for me to..."

These statements treat a limitation as fixed and absolute — when they are almost always about belief, not capacity.

**The question:** "What would happen if you did? What specifically stops you? Have you ever been able to — even once?"

**A "can't" or "impossible" you notice in your own thinking:**

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**Is it genuinely "can't" — or is it "don't know how yet", "am afraid to", or "have chosen not to"?**

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**What shifts when you reframe it accurately:**

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# WORKSHEET 6

## THE PRECISION QUESTION PRACTICE

From Module 5: Precision Questioning & the Meta-Model

### Pattern 3: Mind Reading

Claiming to know what another person is thinking or feeling without stated evidence.

"She thinks I'm incompetent." "He doesn't respect me." "They're judging me."

**The question:** "How do you know that specifically? What did they say or do? Have you asked them directly?"

A mind read you have been treating as fact in a current situation:

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What is the actual evidence — what did the person specifically say or do?

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What are two other possible explanations for the same behaviour?

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# WORKSHEET 6

## THE PRECISION QUESTION PRACTICE

From Module 5: Precision Questioning & the Meta-Model

### Pattern 3: Mind Reading

What shifts in how you feel about this situation when you hold it as an interpretation rather than a fact?

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*Precision questioning is not about being analytical or pedantic. It is about caring enough about your own experience — and others' — to understand what is actually happening rather than accepting the first compressed version that arises. That care is itself a practice of respect.*

# WHAT'S NEXT?

You have just used six of the foundational tools from the Mindful NLP curriculum.

If any of these worksheets produced something that surprised you — a realisation, a shift, a question you did not have before — that is NLP working. And it is only the beginning.

## **The complete Mindful NLP curriculum includes:**

Module 1 — The NLP Foundations

Module 2 — Meta-Programs

Module 3 — The Art of Listening & Sensory Acuity

Module 4 — Rapport & State Mastery

Module 5 — Precision Questioning & the Meta-Model

Module 6 — Reframing & Belief Change

Module 7 — Strategies & Modelling

Module 8 — Timelines & Personal History

Module 9 — Advanced NLP Patterns

Module 10 — The Milton Model

Module 11 — The Capstone: integration, identity, and your practice forward

Each module includes structured content, activities, reflection questions, and an affirmation thread throughout — in the same accessible, experience-first format you have just experienced.

Visit [mindfulnlpcoach.com](http://mindfulnlpcoach.com) to find out more.



## **MINDFUL NLP**

Presence. Process. Power.

Free Starter Worksheet Pack — 6 Tools to Begin Your NLP Journey

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