

NLP Master Practitioner Training
Weekly Assignment – Week 1

Welcome to week 1 of your NLP Master Practitioner Certification Training!

Your assignment to complete this week is as follows:

1. Watch and take notes on all video content posted in the Week 1 section.
2. Continue your assigned supplemental reading.
3. NLP Skills Practice
 - A. Values Elicitation
 - 1) Elicit your own values in all primary life contexts (or have someone help you elicit your values).
 - 2) Do a Values elicitation with someone else in at least one context.
 - B. Meta Programs:
Complete a Meta Programs Inventory for at least one person.
 - C. Practice the Intervention Processes taught in the videos.
 - 1) Parts Integration
 - 2) Meta Model III
 - D. For at least one of each of the above listed processes, document your successful practice as follows:
 - 1) Do the process/elicitation/inventory with a live practice client.
 - 2) Make sure that you get a successful outcome with the process.
 - 3) By the end of your Master Practitioner Training, complete and submit an **Intervention Process Report** form for each process (*in the Downloads for Practitioner Training week 2*).
4. Begin filling out your Master Practitioner Certification Exam.