

Pretending to Change vs. Actually Rewiring the Map

NLP Mastery House

What this is for

Trying harder with an old rulebook isn't discipline — it's the reason nothing's changing. Real transformation starts by declaring the old map dead, not defending it.

Run the first two steps of the Map-Rewire Protocol on one area of your life where effort keeps outpacing results.

Before you start

No materials needed. Just one area where you're working harder but not getting further.

- One area of your life or business where you're putting in more effort than before, for worse or flat results.
- 10 minutes, willing to say something is finished

The exercise

This isn't about being right about what's wrong. It's about being willing to move.

1. Call it dead — name the routine, habit, or belief you've been running here. Say out loud: "This rulebook is dead."
2. Notice what that declaration stops you from doing — panicking, or "just working harder" at the same dead approach.
3. Drop the search for the right answer — instead of asking what's objectively true, ask: what's a completely different angle that might get me a result today?
4. Write down one different angle, even if it isn't provably correct. It only has to be viable, not perfect.

Your notes

Jot whatever surfaces — full sentences not required.



What you noticed

What did you give yourself permission to try, once you stopped needing to be right first?

Your one next action

Small enough that it actually happens. Before we next meet.
