

Anchor into Resourcefulness

What is resourcefulness? It is “the ability to find quick and clever ways to overcome difficulties.- webster dictionary

Resourcefulness is the exact skills needed for the kitchen. There will be times when you need things, but don't have it and you can't run to the store. You have to become resourceful.

For example:

- When you are making a soup and you need petite diced tomatoes but only have whole tomatoes, you can take the whole tomatoes from a can or peel the skin off whole ones and rub them on a strainer or shredder.
- Or when you need pickles but all you have is carrots, so you quickly pickle some peeled and matchstick carrots. (the longer they sit the better)

To bring this resourcefulness into the kitchen you can practice NLP. You can learn how to anchor in the feeling of being resourceful.

What is NLP?

NEUROLOGY

The physical, mental and emotional components of our neurology.

LANGUAGE

Linguistics pertains to the language that you use, and more specifically, how you communicate with others and more importantly, how you communicate with yourself

FUNCTION

Perceiving your mind as your internal operating system, Programming is the way our past experiences, thoughts and emotions affect all areas of our lives

In other words,

NLP teaches you how to reprogram your mind so that you can learn to achieve a “resourceful state” and best communicate with self and others

What is a “resourceful state”?

It is where you feel capable and confident. You feel calm, centered, and comfortable in your body. Your mind is clear and your body relaxed yet energetic, and you're able to move with grace and power. Your mind is able to generate all kinds of options and make solid decisions. You're very aware of the environment and people around you, and you can respond easily and peacefully when you are needed the most.

- a *non-resourceful* state looks like: worry, doubt, fear, tension, exhaustion, blame, self-flagellation, distractedness, foggy headedness, resentment, panic, anxiety, anger, distress, and sadness etc.

Anchor Activity.

Use an Anchor to bring calm confidence into your kitchen

- Creating an anchor will help you to switch within seconds to a resourceful state.
- Most importantly, being in this resourceful state is **not** dependent on your circumstances or specific events or how much you have to do or little time you have. You don't have to be winning or hanging out with people who adore you. You don't have to be a master at whatever you're doing (yet) or in the perfect environment. Just like every state, you are the one who generates this resourceful state. You bring it to the circumstance. You bring it to the kitchen.
- Let me be clear. When I talk about a resourceful state, I'm not talking about positive thinking. It's not the Little Engine chanting, "I think I can. I think I can." It's a fully experiential state where you don't have to convince yourself that you can. You simply know that you can and you feel it on every level -- physical, emotional, and mental.

So how to get into this resourceful / calm confident state? And how do we switch to that state when you feel yourself being less than resourceful? One way is to create a "resource anchor," a unique trigger that will remind your unconscious and physiology to enter your resourceful state. An anchor can be a word or a motion. It can be tapping a part of your body, repeating a word over and over, rubbing our fingers together. Just make sure it's unique. Anything like touching a knuckle, rubbing an earlobe, or saying a word or phrase in a special way will work.

The process only takes a minute or so.

The four steps to creating your resource anchor are:

1. Recall a time when you felt especially empowered, confident, and capable. Get into the memory until you can really feel those feelings.
2. As those "resourceful" feelings build, activate the anchor (do the motion or say the word you've chosen). Keep the anchor going for up to 5 - 15 seconds, until your resourceful feelings reach their peak.
3. Stop the anchor and break fully from the memory. Spend a moment or two distracting yourself and thinking about something totally different.
4. Next, reactivate your anchor (say the word or do the motion you've chosen). Notice how empowered, confident, and capable you feel!

How was that? Isn't this the state you'd prefer to be in most of the time? To make your resource anchor even more powerful, go through this process again with about three or four different memories. Remember to use the same anchor!

Try it out and take your resourceful state next time you make a meal or are faced with an experience where you would normally feel non-resourceful! Make sure you use your anchor and step into your resourceful state instead. I apply my resourceful state anchor, right before I start cooking and any time I need to slow down and remember what I am doing.

These techniques are adapted from
(NLP.com)

May these exercises bring you into a resourceful state.