

My Loop Map

Fill this page once with your own patterns. Keep it visible—on your desk, wall, or phone—and reuse it daily as your quick reference. Treat it like a preflight checklist. To download additional worksheets and many other free resources, visit - nlpkb.com

Top 3 Triggers

(What most often sets off your loops?)

1.

2.

3.

Top 3 Role Tells

(Which roles take the wheel most often? Note both the role and its style of thought.)

1.

2.

3.

Top 3 Body Cues

(What signals show up in your body first?)

1.

2.

3.

Preferred Pause

(Choose the one technique you'll use most often.)

- ☐ Peripheral vision shift – soften your gaze, expand your view, breathe 3 times
- ☐ 4-2-6 breath – inhale 4, hold 2, exhale 6 (twice)
- ☐ Micro-movement – stand, roll shoulders, shake hands (5 seconds)
- ☐ Eye shift – look up-right for one breath, down-left for one breath

Chosen pause:

Quick Checklist

- ☐ Spot the trigger
- ☐ Label the role
- ☐ Confirm the body cue
- ☐ Do my pause