



How to use your Goal Mapping templates

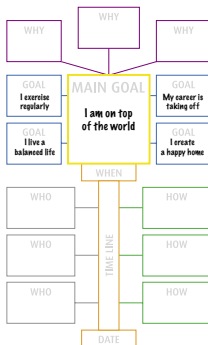
Goal Mapping works to develop the empowering mindsets, winning attitudes and effective habits that create success. So read on to create the life of your dreams in seven simple steps!



Step 1: DREAM

What do you want to achieve

We all dream in pictures. Likewise, we all think in pictures. Even though many people are not consciously aware of it, whatever we think about forms a picture in our mind. These pictures become commands to your subconscious for your future. The starting place of creating the life you choose to live is to **dream** that you're already living it now. Let your mind run free. You can do, be or have anything you truly desire. Close your eyes and imagine your life exactly as you wish it to be. Now make a list of what you want to achieve.



Step 2: ORDER

Which goals take priority

Look again at your list and identify your **main goal**: the one that when achieved would automatically assist in the attainment of your other goals. Now re-write it using **personal, positive and present tense** in the centre box marked **Main Goal** on the **Left-Brain Goal Mapping Template**. Next select four other goals (ideally from different areas of your life) and write them into the boxes marked **Goal**, once again using **personal, positive and present tense**.



Step 4: WHY

Identify your emotional drivers

All thoughts are equal until emotion is added. Emotion gives a thought its impact and acts as the fuel for motivation. We are never motivated by logic but always by emotion. Your next step is to identify the emotional reasons why you simply must achieve your goals, such as **Love, Freedom or Family**. Write these reasons in the boxes marked **Why**, and then draw pictures as before.



Step 5: WHEN

Define your timeline

Goals without deadlines are just wishes and lack the magic of commitment. Have balance between courage and consideration when choosing a date for your goal. Once you've identified your **Achievement Date**, write it in the space at below your main goal, then write today's date in the space at the bottom of the page. The two parallel lines connecting the dates act as your **Timeline**.



Step 6: HOW

Determine are the actions you will need to take

Now identify the **actions** that you will need to take, such as studying, saving, or learning new skills, in order to achieve your goal. Place them on the branches stemming from the right of the Timeline, with those that you can begin soonest at the bottom.



Step 7: WHO

Choose the people or organisations that can support you

Any goal worth striving for will almost certainly require the assistance or support of others. Whether it is family, friends, or professionals, the chances are you will need some help in achieving your goal. Once you have thought of the people whose help you may need, place their names on branches on the left side of the timeline. Always place the name of the person opposite the step you need help with.

Once it is finished, look at your Goal Map for a few moments every morning to reinforce it on your subconscious.



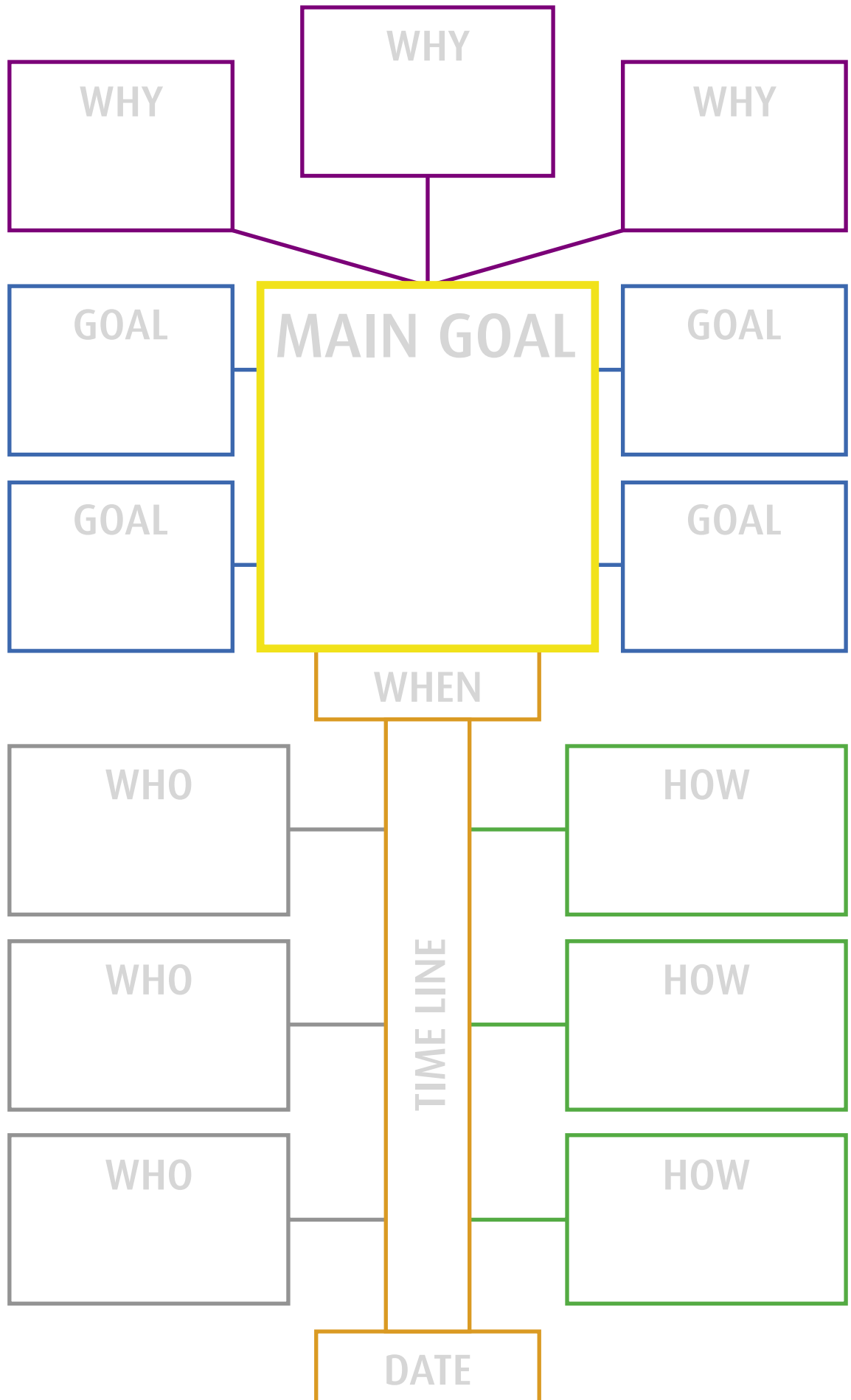
Step 3: DRAW

Communicate your goals to your subconscious

Next, turn your goals into pictures. This is absolutely vital in order to stimulate your right brain and impress the goals on your subconscious. Drawing is the language of the right brain. It doesn't have to be a masterpiece – stick men or even simple symbols will do – but please use as much colour as possible. Using the **Right-Brain Goal Mapping Template**, place your main goal picture in the centre, with pictures or symbols of your sub goals on either side, as in the example below.



Left-brain Goal Mapping template for words





Right-brain Goal Mapping template for pictures

