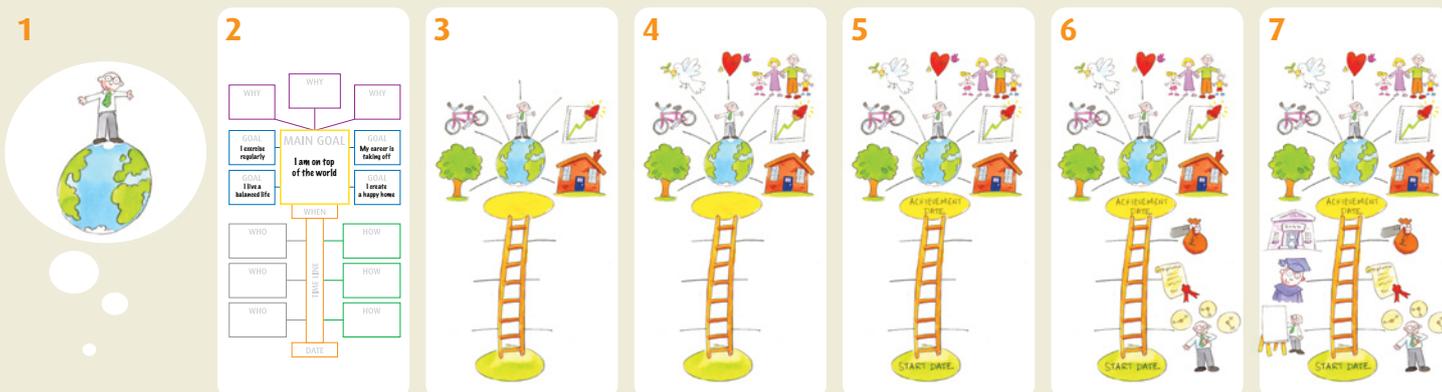


How to use your Goal Mapping templates

Brian Mayne's
Goal MAPPING

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



1: DREAM

Consider what you want to achieve

We all dream in pictures. Likewise, we all think in pictures (even though many are not consciously aware of it). These pictures in your mind become commands to your subconscious for your future. To create the life you choose and live your **dream**, let your mind run free. You can do, be or have anything you desire. Close your eyes and imagine your life exactly as you wish it to be. Then make a list of what you want to achieve.

2: ORDER

Decide which goals take priority

Look at your list to identify your **main goal**: the one that when achieved would most 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 Map 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**.

3: DRAW

Communicate your goals to your subconscious

Drawing is the language of the right brain, so turning your goals into pictures is absolutely vital to stimulate your right brain and impress the goals on your subconscious. Take the **Right-Brain Goal Map Template** and place your Main Goal picture in the centre, with pictures for your other goals either side. It doesn't have to be a masterpiece – stick people or symbols will do – but please use as much colour as possible.

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. Write your reasons why you must achieve your goals – such as **Love, Freedom or Family** – in the form of an affirmation in the boxes marked **Why**, and then draw pictures as before.

5: WHEN

Define your timeline

Choose the date by which you will have achieved your Main Goal. Pick a date that balances courage and consideration! Write this in the **When** box. Then write **today's date** in the space at the bottom of the template. The two parallel lines connecting the dates act as your **Timeline**

6: HOW

Determine the actions you will need to take

Identify the **actions** you need to take in order to achieve your goal – for example, studying, saving, or learning new skills. Write them in the boxes on the right of the Timeline, with those that you can begin first at the bottom. Again write in the form of an affirmation, and then create pictures for your Right-Brain Goal Map.

7: WHO

Choose people or organisations to support you

Write the names of family, friends or professionals who might help you achieve your goals. Place each name (or a way of being in yourself) in the boxes on the left of the timeline. Put each name opposite the action that person would help with.

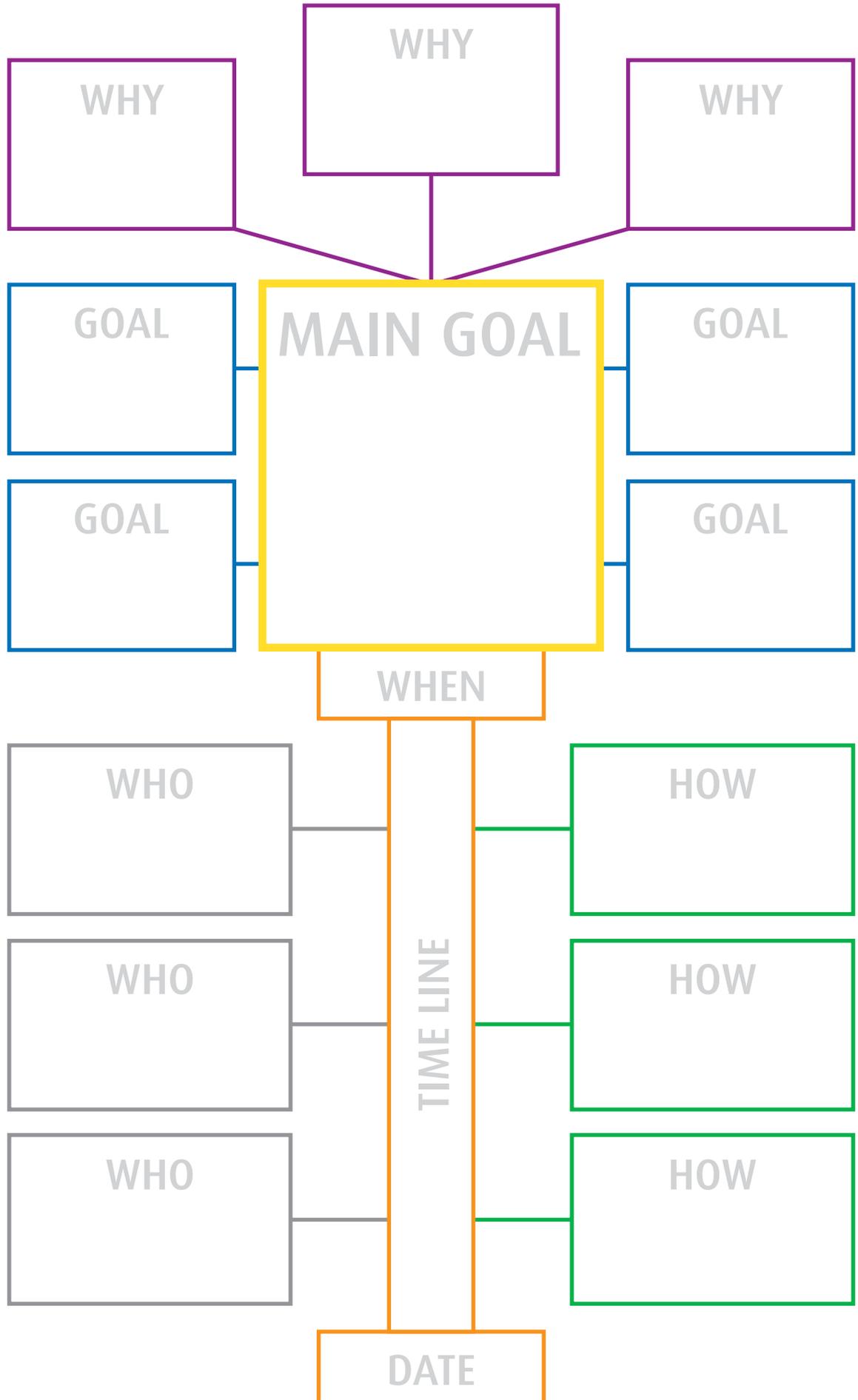
Once finished, look at your Goal Map for a few moments every morning to reinforce it on your subconscious.

Create your Goal Map online **FREE** at GoalMapping.com

Drawing a Goal Map on paper is easy and fun, but creating your Goal Map online has the extra benefit of letting you update your Goal Map, and add new insights and actions to keep it fresh!



Left-brain Goal Mapping template for words





Right-brain Goal Mapping template for pictures

