



Follow the seven simple steps below to create the life of your dreams

Step 1: DREAM

What do you want to achieve

We all dream in pictures. Likewise we all think in pictures. Whatever you think about, forms a picture in your mind, even though many people are not consciously aware of it. Your thought pictures become your commands, to your subconscious, for your future. The starting place of creating the life you choose to live is to DREAM you're already living it now. Let your mind run free. You can do, be, or have, anything you truly desire. Close your eyes now 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**, into the centre box of the 'Left-Brain Goal Mapping Template' marked 'Main Goal'. Next select 4 other goals, ideally from different areas of your life, and write them into the boxes on either side marked 'Sub Goal' once again using **Personal, Positive and Present Tense**.

Step 3: DRAW

Communicate your goals to your subconscious

Step three is to turn your goals into pictures. This is absolutely vital in order to stimulate your right-brain and thereby impress the goal 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.

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**. And then write them in the top boxes marked 'Reason Why' and draw pictures as before.

Step 5: WHEN

Define your timeline

Goals without deadlines are just wishes - they 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 the bottom of your main goal and then write today's date in the circle at the bottom of the page. The two parallel lines connecting both dates now act as your 'timeline'.

Step 6: HOW

What 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 start first 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. It may be family, friends, or professionals but 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 as before, on the left side of the timeline. Always place the name of the person opposite the step you wish help with. Once you have finished your Goal Map look at it each day early in the morning for a few moments to reinforce it to your subconscious.



Step 3: DRAW



Step 4: WHY



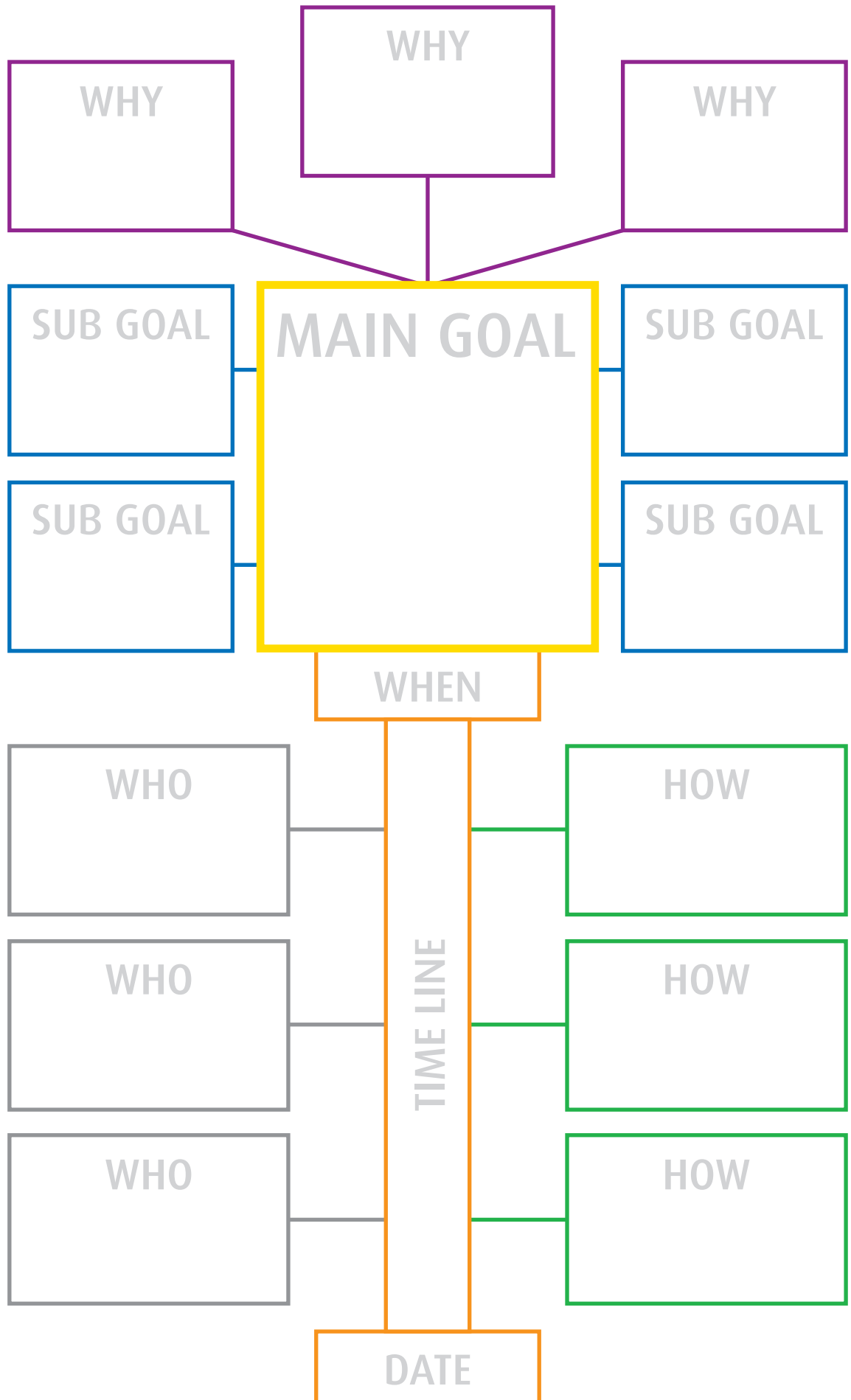
Step 5: WHEN



Step 6: HOW



Step 7: WHO



Brian Mayne's

Goal mapping



Right-brain Goal Mapping template for pictures

