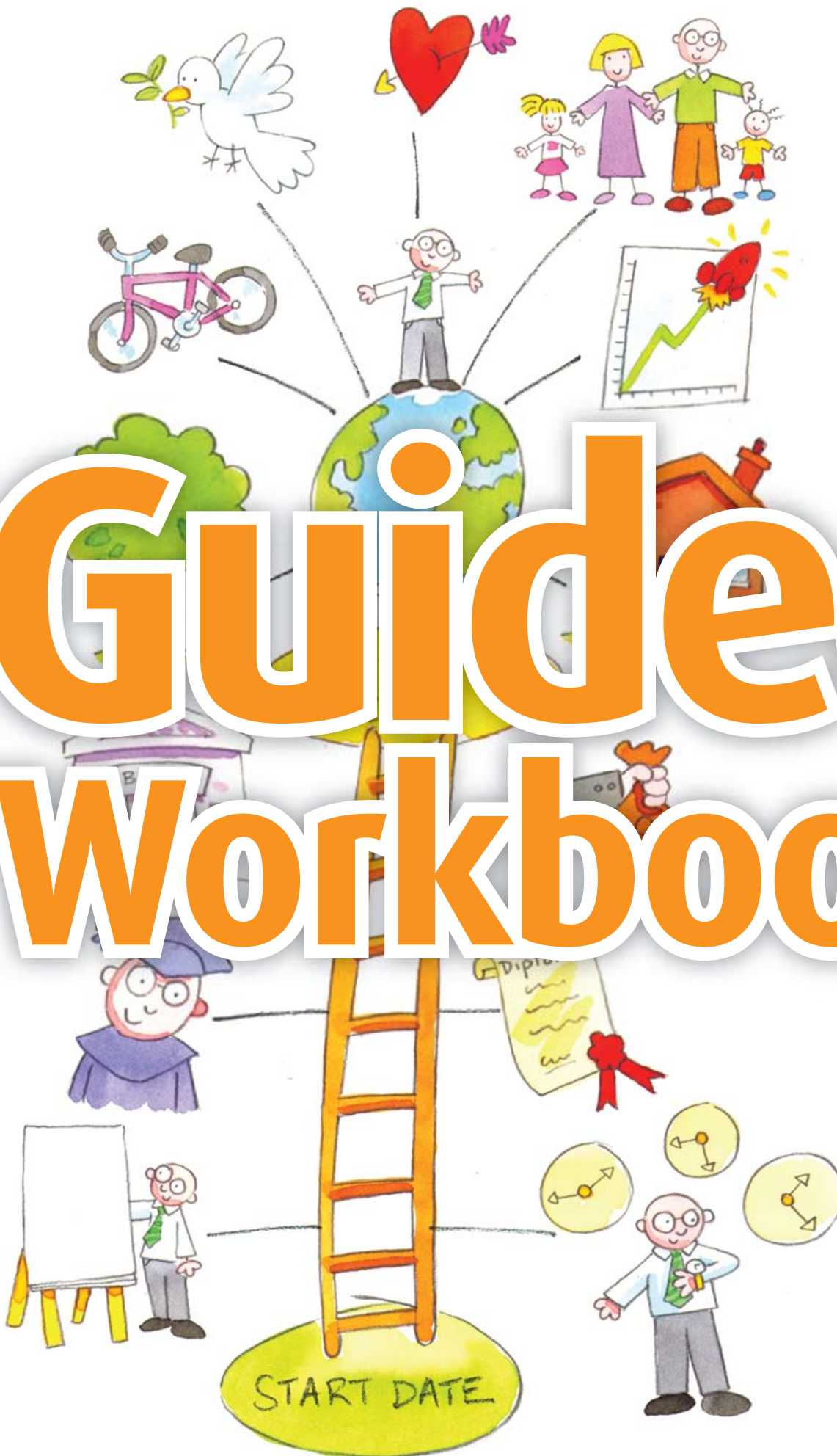


Brian Mayne's

**Goal
mapping**



Guided Workbook



A simple step by step system for turning your dreams into realities

“Are you in earnest, seek this very minute.
Whatever you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it.
Just begin and the mind grows heated.
Continue, and the task will be completed.”

The opening lines to Faust

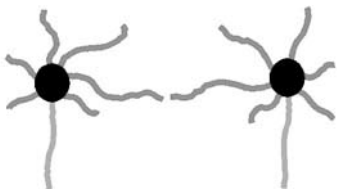
Introduction

Welcome to the Goal Mapping success system. Learning how to set and achieve goals is the master skill for life because it is the one skill that allows you to gain all other skills and abilities. Throughout recorded history the most successful men and women have been those who have developed their natural mental ability of goal setting into a powerful skill for achievement.

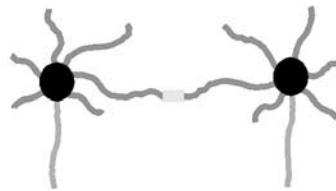
The **Goal Mapping Guided Workbook**, is a practical handbook that teaches a highly original system for achievement and shows you how to apply it to any objective or goal. Whatever your dream, Goal Mapping can help you achieve it.

How goal setting works

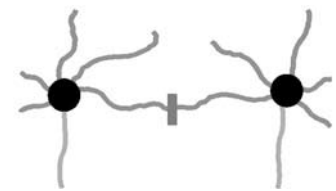
It has long been known that goal setting is a natural function of the brain. Once the goal has been set, a subconscious process is triggered that starts the transformation of the decision into a deed and thence to an achievement.



In recent times science has discovered that each person has around 100 billion brain cells, each one growing multiple arms called dendrites. All of the arms are separated by a slight gap known as the 'synaptic gap'. When you have a thought you spark an impulse in the centre of the brain cell that travels out along the dendrite arms seeking to make a connection with another arm, so that your thought can spread to form a pattern of understanding, or train of thought.



If the thought you have is of a positive nature, whether about yourself, your life, or single situation, the positive impulse triggers the release of a chemical called serotonin from the end of the 'dendrite arms'. Serotonin is the chemical that gives you the feeling of happiness and wellbeing. It also acts as a **conductor**, bridges the 'synaptic gap' and allows your thought to continue on its journey.



If, however, the thought you have is negative, you trigger the release of a different chemical, a substance called cortisol, which gives you the feeling of sadness and depression, and also works like an insulator, effectively blocking or limiting the free-flow of thoughts and ideas.

Hence, thinking 'you can' releases the chemicals and creates the brain cell connections that in turn produce a 'free-flow of thought' and the birth of ideas and answers. Thinking 'you can't' blocks the flow of thought, which only results in your seeing more of the problem and even feeling strong reasons for giving up altogether.

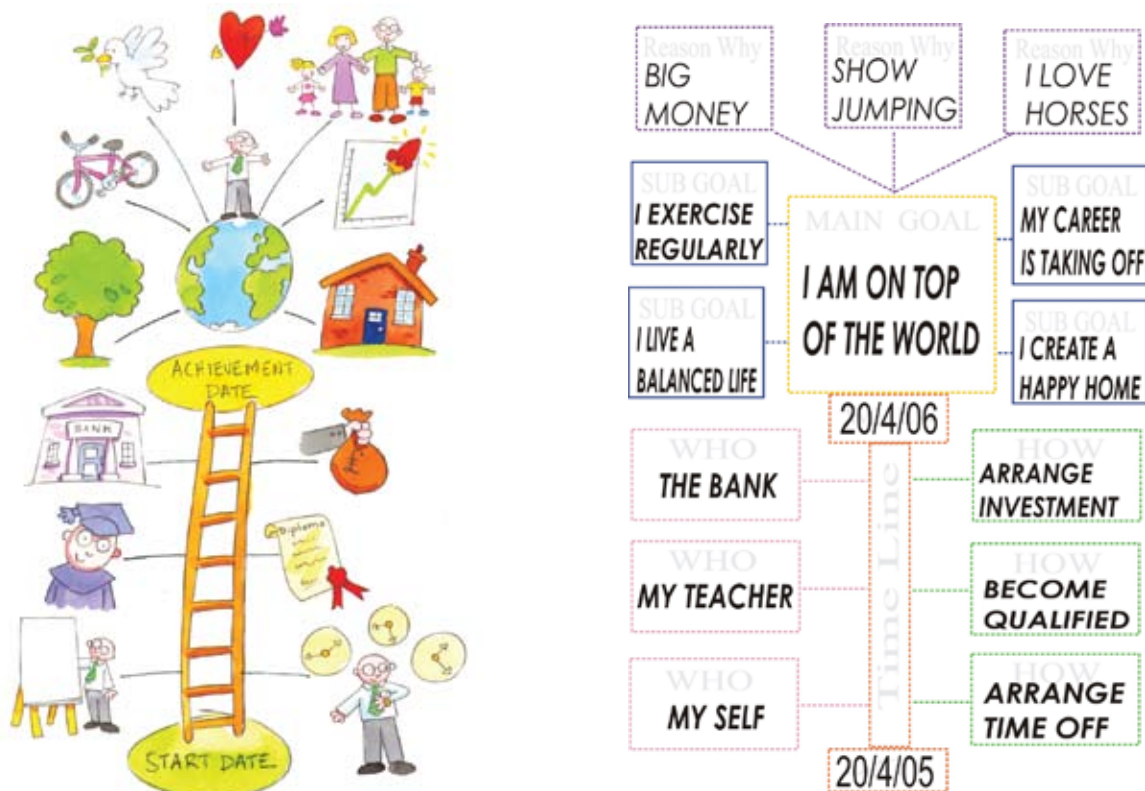
The very best way of holding a positive thought is to set a GOAL

Seven steps of Goal Mapping

Goal Mapping is a unique whole-brain system designed to connect your consciously chosen goals or desires to your subconscious mind, so that your subconscious begins to move you and your goal towards each other automatically.

Your subconscious mind works like a helpful autopilot – once a conscious decision or goal has been set, a sub-conscious process is triggered that begins to influence the transformation of the decision first into an attitude, then into an action, and ultimately through to an achievement.

The Goal Mapping system enhances this natural mental process by using a balance of key **words** activate your **left-brain** and symbols or **pictures** to activate your **right-brain**.



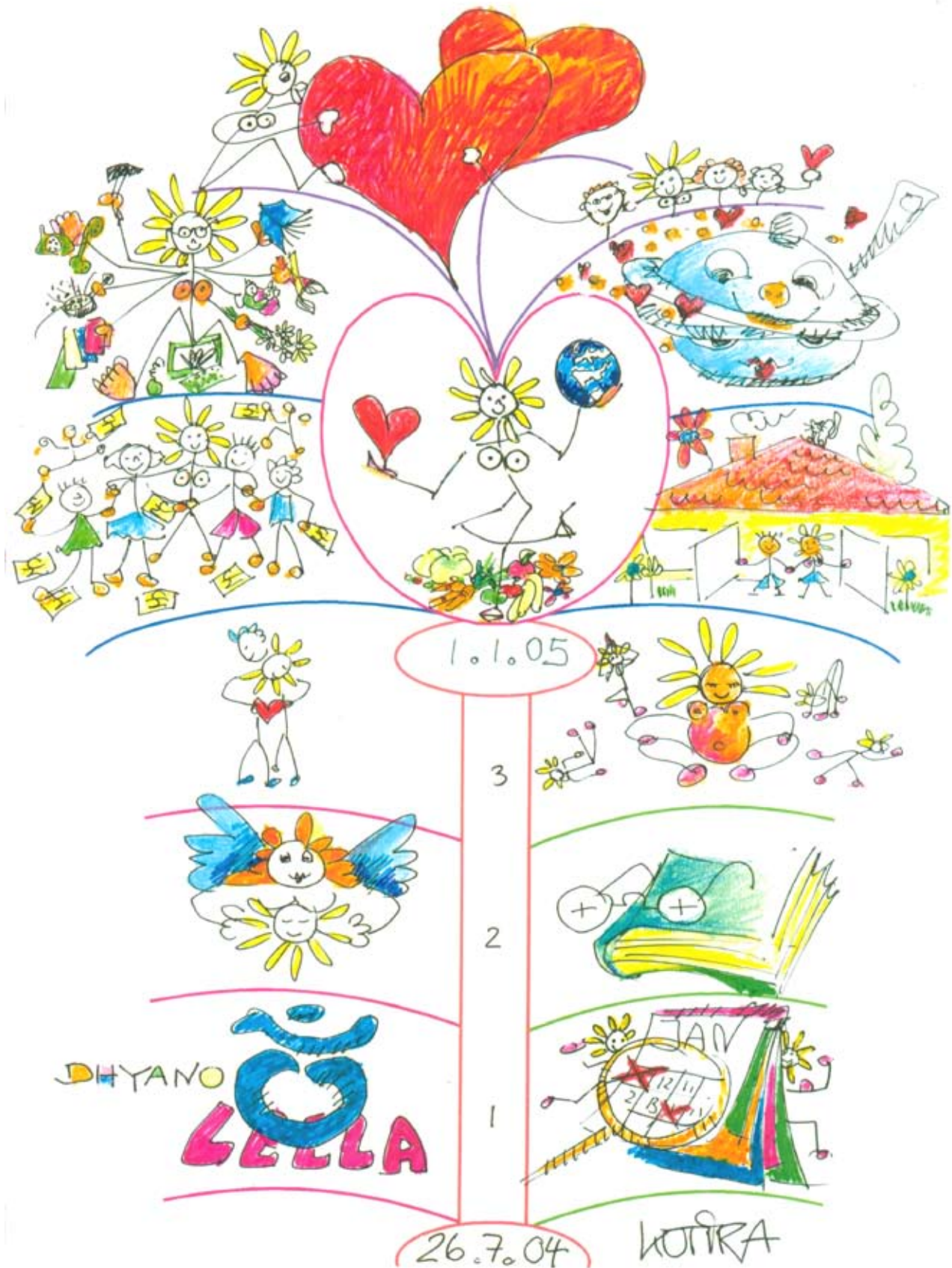
As you are guided through the Seven steps of Goal Mapping, you fill in both a left-brain and right-brain template gradually to create your very own Goal Map of **what** you want, **why** you want it, an action plan of **how** you intend to achieve it and **who** will be involved in the process.

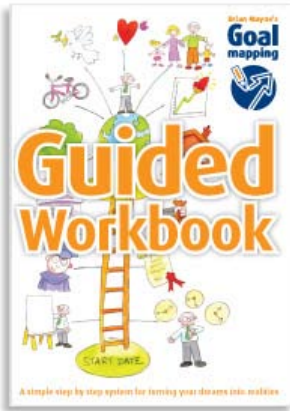
How to get the best from this book

This multi-purpose handbook can be used on its own or in conjunction with a Goal Mapping Coach Practitioner. It is recommended that first-time readers cover all the information in the forthcoming pages, noting **key points** where appropriate and completing all exercises before creating their Goal Map. We also recommend creating a new Goal Map every six months or as required for specific achievements. Repeat users of this book may wish to cover the key points only before turning directly to the Goal Mapping section.

Example Goal Map

Goal Map by Kottira. Focusing on wellbeing and life balance.





You can read more by buying the complete workbook. **Goal Mapping: The Guided Workbook** is available now as a PDF e-book priced £5.99.

[+ Add To Cart](#)