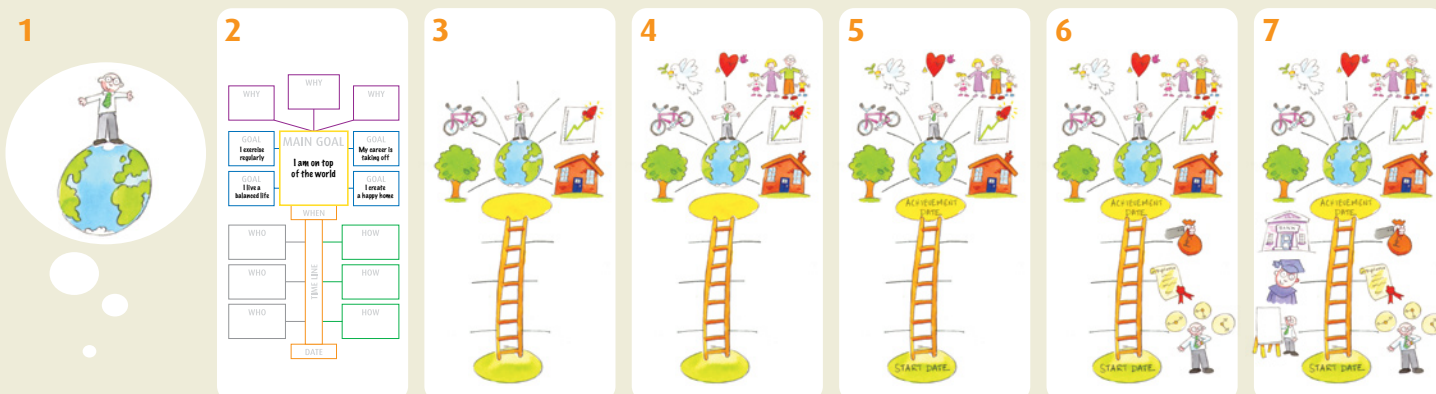


How to use your Goal Mapping templates

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.

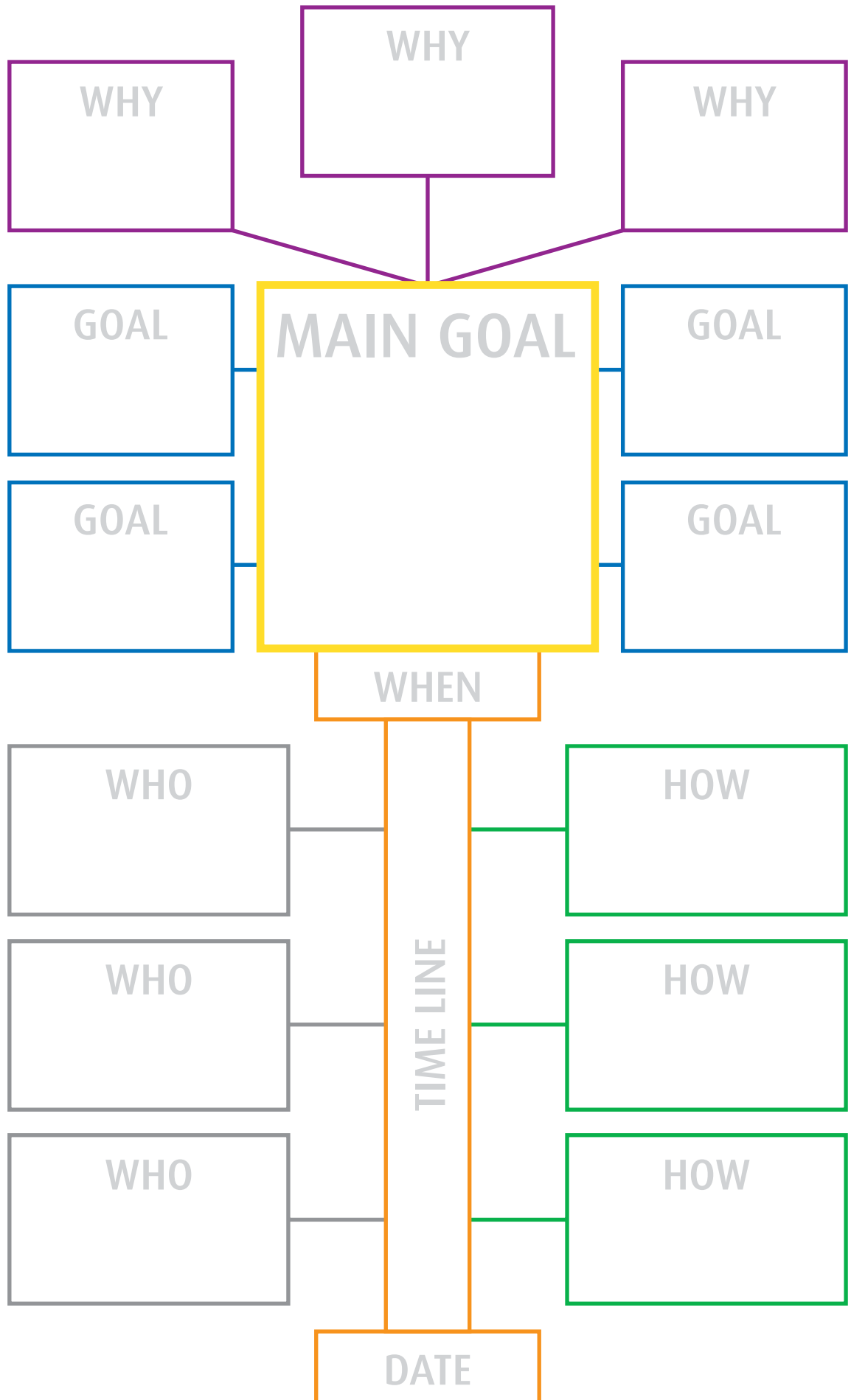
Once finished, look at your Goal Map for a few moments every morning to reinforce it on your subconscious.

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!

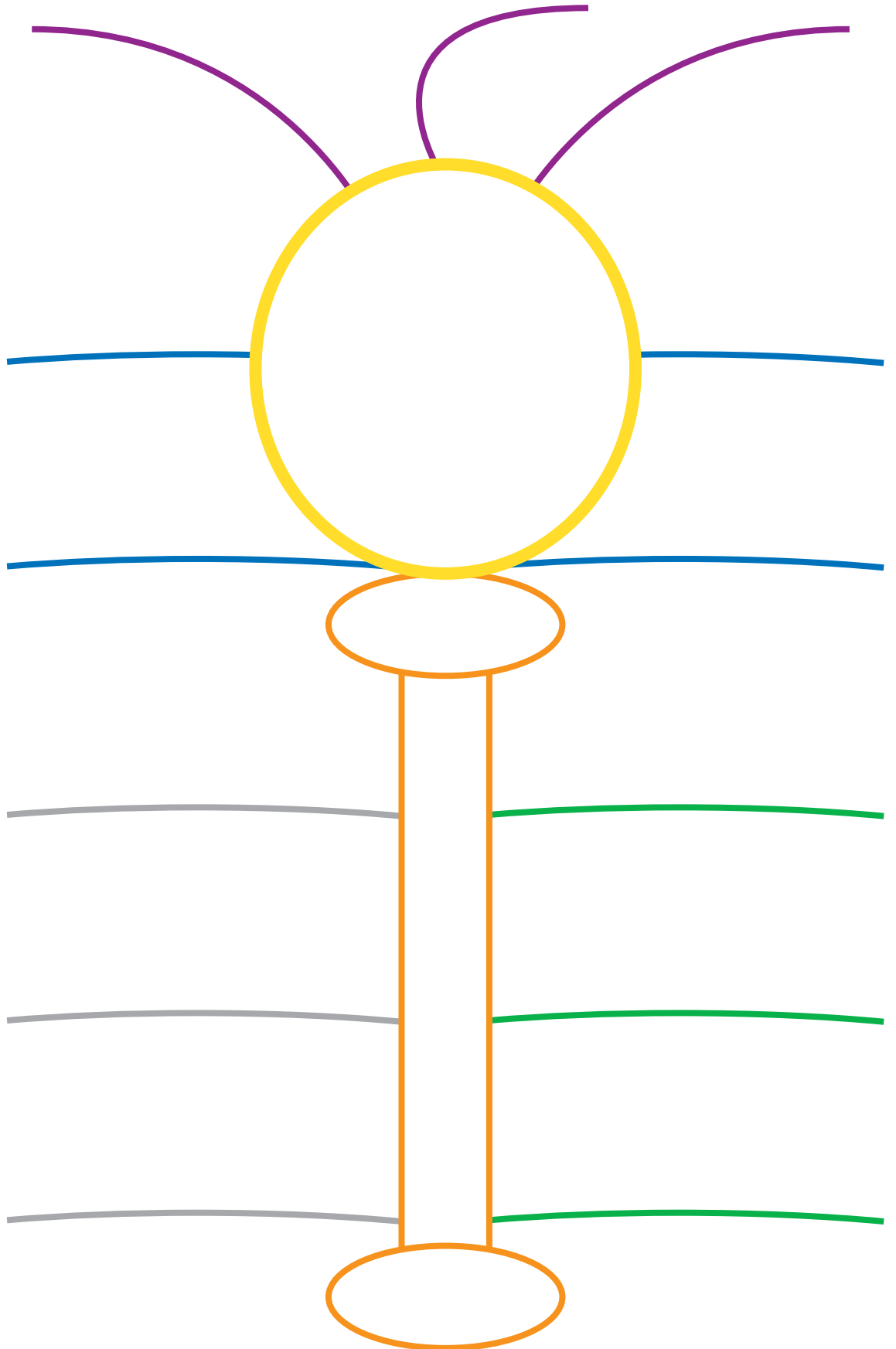


Left-brain Goal Mapping template for words





Right-brain Goal Mapping template for pictures



Be a Life Lifter

Helping someone find their purpose ('the thing that makes your heart sing') is one of the most uplifting and fulfilling experiences of life – and can be financially rewarding.

Originally created by Brian Mayne, there are now over 1,400 certified coaches, teachers, trainers, business managers and therapists sharing the Goal Mapping system on a professional basis. Together they have reached more than 4 million people.

Brian
Mayne's
Goal
MAPPING



Choose the right programme for you and your clients

The three levels of Goal Mapping certification give you the freedom to choose the one best suited to you and the needs of your clients. You can begin at Coach level, then develop your skill to Facilitator and Practitioner – or join the programme directly at these higher levels.

Certified Coach

Includes Certified Youth Coach



For people who want to **coach Goal Mapping one-to-one**.

This is a live online interactive programme of group and one-to-one sessions that you can take from anywhere in the world.

Certified Facilitator

Includes Certified Youth Facilitator



For people who want to **facilitate a half-day workshop to small groups** (including schools).

This is an online programme that you can take from anywhere in the world.

It also includes everything covered in the Certified Coach Programme.

Certified Practitioner

Includes Certified Youth Programmes



For people who want to **teach the complete 1-day Goal Mapping workshop to businesses, schools or public groups**.

This is a 3-day programme that you need to attend in person. The programme takes place several times each year, in a number of different countries.

It also includes everything covered in the Certified Coach and Facilitator Programmes.

For more information visit
GoalMapping.com/share
Or book a one-to-one call with Brian by
emailing info@GoalMapping.com

"Brian is one of the best at helping people create a world-class blueprint for their life, not just goals but sustainable success. His mapping systems are a blast and really effective."

Anthony Robbins, Personal Development Expert

