

### **goal mapping how to pdf**

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.

### **Brian Mayne's Guided - [liftinternational.com](http://liftinternational.com)**

Goal Setting Worksheet. Product of Stage of Life, [www.stageoflife.com](http://www.stageoflife.com) Stage of Life Goal Setting Setting goals is a healthy, positive habit no matter what stage of life you may be experiencing. This worksheet kit is a great place to start thinking proactively about your life and the things you'd like to accomplish in the next year, but ...

### **Goal Setting Worksheet - Stage of Life**

Goal Mapping works to develop the empowering mindsets, winning attitudes and effective habits that create success. So ... 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.

### **Create the life of your dreams in seven simple steps**

Discover Brian Mayne's Goal Mapping, create Goal Maps and share the system with others, all with the help of events, books, videos, courses and other tools.

### **Brian Mayne's World of Goal Mapping | The home of Goal**

Goals are well-defined targets that give you direction and motivation – they are your road map to success (that is, what YOU consider to be success), your life's plan, your personal guide to the future.

### **My Life Planning Workbook - [achieve-goal-setting-success.com](http://achieve-goal-setting-success.com)**

goal and it will not seem so far away. Feel free to copy and use this page to begin a new goal or continue the process. Periodically review your plans. Be flexible and willing to adapt to new circumstances or priorities. Be confident; know that you are going to succeed! – Do what you love to do – work toward it every day.

### **Goal Mapping: Step 1 – Initial Goal Statement(s)**

My goal is to: \_\_\_\_\_ Step 2: Make your goal detailed and SPECIFIC. Answer who/what/where/how/when. \_\_\_\_\_ HOW will you reach this goal? List at least 3 action steps you'll take (be specific): 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ Step 3: Make your goal is MEASUREMENTABLE. Add details, measurements and tracking details.

### **SMART Goal-Setting Worksheet Step 1: Write down your goal**

A SMART goal is a goal that is specific, measurable, attainable, relevant and time based. In other words, a goal that is very clear and easily understood. SPECIFIC The goal must clearly state what is to be achieved, by whom, where and when it is to be achieved. Sometimes it may even state why that goal is important.

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