

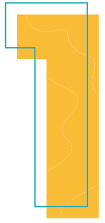
BRAIN-BASED GOAL SETTING GUIDE

By Bernadette Wilson, Certified Neurocoach

**Break the cycle of unmet goals and live
fully through your true purpose,
strengths, and values!**

Staying committed to your goals requires focused, mindful planning so that your brain is driven to take the necessary actions to realize your desired outcome. The **8 questions** in this practical neuroscience-based goal setting guide are carefully designed to help you to overcome barriers to success and gain the clarity needed to achieve your short- and long-term goals!





WHAT IS IT I WANT TO ACHIEVE?

Becoming clear on what you want to achieve triggers a whole host of brain activity. Whether you want to write a book, launch a business, become physically fit, or improve your relationship with your teenage child, having a clear picture of what the results of your effort will look like is vital to your success. When you definitively know what you want, the creative and motivational centers of your brain are stimulated, helping you think about the steps you need to take to achieve your goal.

Use this space to brainstorm question #1 – think of it as a blank canvas!



WHAT IS MY UNDERLYING MOTIVATION?

Motivation is the key to taking action and completing tasks and projects. Understanding the underlying reason *why* you want to achieve long term results is the fuel that will keep you going. When you feel like quitting or procrastination sets in, this deeper sense of purpose will remind you to keep striving for your goal.

Use this space to journal your thoughts about question #2

3

WHAT LIMITING BELIEFS MAY STOP ME?

Negative beliefs can set up roadblocks to your success. Often, it is the interpretation of our past memories that create a set of rules that guide our present-day behaviors. When you uncover the negative stories you tell yourself on a continual basis – consciously or subconsciously – you can take steps to remove the barriers and implement new habits that support you in achieving your goal.

Use this space to write down some of your limiting beliefs

4

WHAT ACTIONS DO I NEED TO TAKE?

Envision yourself at the finish line – what actions did you take to get there? You don't need a big plan at this point, but outlining key actions is necessary to get you going!

For example, if you're writing a memoir to help others who have endured a similar life challenge, you could start by: 1) Selecting the life event you want to focus on; 2) Writing a list of important memories and facts; 3) Creating a reoccurring calendar appointment to plan when you will write

Start a list of the actions you may need to take

1.

2.

3.

4.

5.

6.



HOW WILL THESE ACTIONS LEAD TO MY INTENDED RESULTS?

Review the list you created in #4 to commit your intended actions to memory. Cognitively, this builds confidence in the steps you plan to take and lays the road map towards what you want to achieve.

Use this space to map out how each action will move you closer to your goal



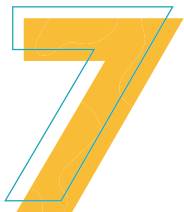
TIP: You've unpacked a lot so far. If you need to pause and take a break, do so! Taking 15 minutes to stretch or go for a walk allows your brain to reset, refocus, and find fresh perspective!



DO I NEED ANYONE ELSE TO BE INVOLVED?

Do you need someone else's cooperation, approval, or process? If you are working to improve a relationship, you will need to another person to participate. Your steps should include how they will also commit to the goal process.

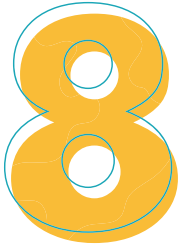
List the names of anyone you may need to collaborate with



DO I NEED SOMEONE TO HOLD ME ACCOUNTABLE OR AM I SELF-MOTIVATED?

Life is not meant to be lived alone! We all need support along the way. Make a list of whose support or expertise you may need. For example, a coach, an editor, a family member, or friend. This step is often overlooked.

Take a 15 minutes to journal about the support you may need – asking for help is a strength, not a weakness!



WHAT IS THE FIRST ACTION I NEED TO TAKE TOWARDS MY GOAL?

Now, you've done the groundwork to design a strong, achievable goal! The next step is to take ACTION. What can you do right now to move towards your goal? Perhaps it is making a phone call or completing the first action outlined in #4. Fill in the affirmation below.

Fill out the affirmation below to solidify your commitment to ACTION!

Today, I reinforce my commitment to myself and my goal of _____ by taking action!

I will start with step #1: _____

WHAT'S NEXT

REFLECT

Did you successfully complete this Goal Setting worksheet? Take a moment to **celebrate!** By consciously recognizing this accomplishment, you're stimulating the reward centers of your brain – which dispels self-doubt and amplifies feelings of motivation, fulfillment, and happiness.

DIVE DEEPER

Did you breeze through some questions, while others were more of a challenge? If so, don't stress! I will be hosting a **FREE online workshop** to dive deeper into the Cognitive Performance goal setting process.

In this workshop you will learn:

- ✓ How to beat procrastination
- ✓ Self-awareness skills that foster motivation
- ✓ How to measure and repeat your success
- ✓ A system that can be applied to all future goals

Keep an eye out for your personal workshop invitation arriving in your email inbox soon!

AWAKEN YOUR BRAIN POWER!

Still feeling stuck? I'm here to help! In just a few **Neurocoaching sessions**, you can overcome internal barriers to success and build a new cognitive framework to achieve your goals with ease!

Email info@cognitive-performance.com to explore Cognitive Performance Neurocoaching packages and **special discounted pricing** for Goal Setters!

