

## **Infuse Your Goals with More Vision**

A personal vision is not necessarily what your eyes can see—but a way of exploring your goals through a lens of opportunity for the future. You'll see more possibilities for yourself as you accomplish more of the goals you believe in. In this training, you'll learn that there is a science to setting goals that can enlist your whole brain in reaching your fullest potential. To create a bigger vision for yourself, keep your plans visible and infuse your goals with positive energy and emotion.

## **Your Brain Loves a Challenge**

Have you recognized that you are happiest when working toward a goal? There's a reason for that. The brain's functions are carried out by chemicals called neurotransmitters. One of these chemicals, Serotonin, plays a key role in our emotional life – contributing to more stable moods. Even the act of setting a goal releases Serotonin, to calm your mind and give you confidence to reach higher. When you accomplish something—whether large or small, the neurotransmitter, Dopamine enhances the sense of satisfaction about the accomplishment. This is called “accomplishment energy.” It is a motivator and also helps the brain maintain focus. Even small accomplishments play a part in keeping you focused on your goal! When you understand how your brain responds to goal setting behaviors, you can see it is actively processing possibilities and working to help you reach your goals. Thinking positively is one way to do this.

## **Make a Plan and Go For It!**

Picture the journey to your 'Big Goal' as a series of steps taking you upward. As you accomplish your tasks, you'll inevitably face discouragement, doubt, or fear. This feels like you're “hitting a wall.” The wall isn't a signal to stop, or go back, or change direction—instead, look at it as the next challenge to overcome. Each step leads you closer to creating your vision. You'll be tempted to quit, you'll doubt your potential, but

you have every tool needed to succeed! Fill your mind with powerful thoughts, then face the next challenge, push ahead, keep moving, and Go For It!

## **The Science to Setting Goals**

New technologies in brain imaging allow scientists to study thoughts as electrochemical impulses. These scans provide great insight into the process of changing old thought patterns—pinpointing the very moment that a new thought becomes a subconscious program or pattern. In goal setting terms, this research provides incredible insight to move beyond sheer willpower, and instead plant successful thoughts into your subconscious mind. This discovery is a great resource for to improve your goal-setting success. Consider the possibilities for using these tips while reviewing your Vision Board and personal Declarations each day (explained later).

Tip #1 Repetition allows you to "plant" a goal into the subconscious mind. Conscious thoughts and habits can be planted into the subconscious —and are critical for goal setting!

- Up to 95% of human behaviors are habits that occur automatically through subconscious programming. Subconscious programming in the brain relies on old habits that run automatically.
- You can choose what becomes automatic. New neural patterns begin to form only with repetition. New thought patterns and behaviors can be shaped when repeated for at least 21-30 days.

Note: If a goal is obtained only through will power, with no new thought patterns— no new neural connection is formed.

Tip #2 Emotion is a goal turbocharger! Brain scanning technology illustrates that emotion can amplify the creation of new thought patterns:

- The strength and number of neural connections associated with a thought or behavior are increased when a person is in a highly emotional state.
- The neuron connections are also stronger, longer lasting and it takes longer to lose a neural connection when it was formed with great emotion.

So, if you want your goal to stick, fire it up by pouring your positive energy and emotion into it. Ask yourself, "What would it feel like to accomplish this goal today?" Add emotion to your thoughts as you visualize yourself reaching each goal!

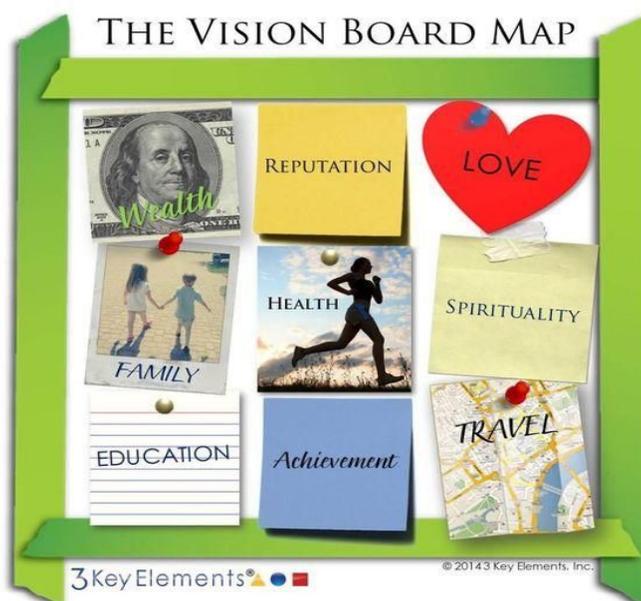
## **Your Inner World Creates Your Outer World**

Have you ever tried to work on several areas of your life at once? It is difficult to keep the balance when working on too many goals. Often, one area ends up getting dropped. The task of improving your thoughts and building your personal sense of accomplishment creates personal power. When you feel accomplished, you are able to see opportunities that were already within your reach. As you learn how to manage your thoughts and emotions, you can begin to take ownership of your results. Your old ideas and patterns can be released while freeing yourself to create what you truly want.

**Here's the Key:** First, organize your “inside world,” then allow the “outside world” to fall naturally into place. When core principles are in order, your ability to create wealth and happiness increases.

## Build Your Vision

A Vision Board is a tool to keep your goals visible—and allow your brain to focus on exactly what you want to accomplish. Fill your Vision Board with both words and images. Include items, skills, or experiences you want to create in your life—Be as specific as possible and include both long and short term goals. This Vision Board Map (shown below and provided by Kirk Duncan of [3 Key Elements](#)) is a suggested guideline to assist you in creating successful outcomes. You can always move the pieces around where your gut tells you they belong.



## Tips for Vision Board Success

Ramp up your Vision Board results—post it where you'll see it first thing in the morning and the last thing at night. Here are some suggestions to help you achieve amazing Vision Board results!

**Step 1: Create Your Vision Board** Identify specific goals you'd like to reach using the categories in the Vision Board Map above. Use pictures and words to activate both left and right brain activity. Limit your board to nine zones.

**Step 2: Consistent Daily Focus** Stand in front of your board with open body posture and study it daily. As you focus on your board, ask yourself, "What can I do today to create this?" Study your board morning and night for a solid three minutes. With repetition, your brain will become more aware of this goal and look for opportunities to bring these items into your life. You'll be amazed as your brain responds. You'll begin to see the opportunities all around you daily.

**Step 3: Add Emotion and Energy** As you look at your Vision Board each morning and night, take a moment to imagine how great it will feel to accomplish each goal. Imagine yourself holding the item or having the experiences that you've listed. Emotions can and do affect decision making abilities. Pour all of your heart and soul into imagining it coming together by tomorrow...and pretty soon, it will!

**Note:** You can use any tools you have on hand, like green construction tape on the wall like you see from the vision board map picture. Don't strive for perfection – just get it on the wall!

## Grow Your Success!

If you want more success, you must recognize and celebrate each accomplishment. Many people place more energy on what they are NOT doing than what they ARE doing. To become a success magnet, practice recognizing every accomplishment. Your brain needs evidence that you can do things, and do them well. What you repeat over and over again is programmed into the subconscious mind and begins to take root. Little successes recognized, will grow into big success.

- 1. Visualize:** Plant seeds of success using your Vision Board daily.
- 2. Use Consistency:** Cultivate daily action steps and follow through
- 3. Celebrate!** Recognizing success feeds and accelerates progress.

## Practice Exercises

Goal setting is not a one-time event. It is an ongoing process of literally "re-wiring" your brain to choose success. What you repeat over and over again becomes programmed into the subconscious mind and begins to take root.

**1. Track Your Daily Successes.** For one week, keep track of your daily successes. Record 15 accomplishments in a journal each day.

**2. Create a Vision Board Success Binder!** As you take items off of your Vision Board, put them into a binder to demonstrate the successes you've had! This tells your brain that you're reaching your goals!

**3. Purge Negative Thoughts.** Whenever you're working toward a goal you'll notice negative emotions emerge. These emotions often come across as negative thoughts about your worth, value, or ability. Write these down and then take them to the trash. A good old "Write and Shred" session is therapeutic and healing.

**4. Use Powerful Declarations.** Each morning repeat powerful Declarations about your capacity, your skills, and your contribution to the world. This exercise is a simple way to reinforce your positive self-talk and boost your energy whenever you need it.

**5. Fuel Your Goals with Powerful Emotion.** Once you've replaced your negative thoughts with powerful statements, it's time to FUEL your goals with powerful emotions. Select an emotion based on how you will feel once you've accomplished your goal! Possible emotions include: excitement, love, gratitude, freedom, and acceptance. Maintain high energy and practice speaking, feeling, and seeing yourself as having already achieved your goal.

**6. Tell Yourself You Can Do It!** Dismiss your doubts and welcome new opportunities. Envision yourself achieving your results. You WILL receive EXACTLY what you think about every day! Don't forget to celebrate your success!