Follow the seven simple steps below to create the life of your dreams

Step 1: DREAM
What do you want to achieve
We all dream in pictures. Likewise we all think in pictures. Whatever you think about, forms a picture in your mind, even though many people are not consciously aware of it. Your thought pictures become your commands, to your subconscious, for your future. The starting place of creating the life you choose to live is to DREAM you’re already living it now. Let your mind run free. You can do, be, or have, anything you truly desire. Close your eyes now and imagine your life exactly as you wish it to be. Now make a list of what you want to achieve.

Step 2: ORDER
Which goals take priority
Look again at your list and identify your ‘main goal’ the one that when achieved would automatically assist in the attainment of your other goals. Now re-write it using Personal, Positive and Present Tense, into the centre box of the ‘Left-Brain Goal Mapping Template’ marked ‘Main Goal’. Next select 4 other goals, ideally from different areas of your life, and write them into the boxes on either side marked ‘Sub Goal’ once again using Personal, Positive and Present Tense.

Step 3: DRAW
Communicate your goals to your subconscious
Step three is to turn your goals into pictures. This is absolutely vital in order to stimulate your right-brain and thereby impress the goal on your subconscious. Drawing is the language of the right brain, it doesn’t have to be a masterpiece, stick men or even simple symbols will do, but please use as much colour as possible. Using the ‘Right-Brain 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.

Step 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. We are never motivated by logic but always by emotion. Your next step is to identify the emotional reasons why you simply must achieve your goals, such as Love, Freedom, or Family. And then write them in the top boxes marked ‘Reason Why’ and draw pictures as before.

Step 5: WHEN
Define your timeline
Goals without deadlines are just wishes - they lack the magic of commitment. Have balance between courage and consideration when choosing a date for your goal. Once you’ve identified your ‘achievement date’ write it in the space at the bottom of your main goal and then write today’s date in the circle at the bottom of the page. The two parallel lines connecting both dates now act as your ‘timeline’.

Step 6: HOW
What are the actions you will need to take
Now identify the actions that you will need to take such as studying, saving, or learning new skills, in order to achieve your goal. Place them on the branches stemming from the right of the timeline with those that you can start first at the bottom.

Step 7: WHO
Choose the people or organisations that can support you
Any goal worth striving for will almost certainly require the assistance or support of others. It may be family, friends, or professionals but chances are you will need some help in achieving your goal. Once you have thought of the people whose help you may need place their names on branches as before, on the left side of the timeline. Always place the name of the person opposite the step you wish help with. Once you have finished your Goal Map look at it each day early in the morning for a few moments to reinforce it to your subconscious.