



Goal Mapping - Janice Deacon

Success is on Purpose

- Lasting success is never an accident....
 - Abraham Lincoln
 - absolute poverty
 - 3 months education
 - USA President
 - Thomas Edison
 - Prolific Inventor
 - 3 months education
 - Patented 1,200 inventions
 - Richard Branson
 - Started a magazine at 15
 - Billionaire

Cause & Effect

- There are no accidents
 - Things that happen in the world are effects, created by causes
 - Ultimate cause is our thoughts
 - Think successful causes
- Thomas Edison lightbulb
- See failure as a learning opportunity

Your amazing subconscious

- Computer brain
- New Scientific discoveries
- Unique partnership
- Subconscious cannot make value judgements
 - Car journey
- Create dominant thoughts - focus on what you do want (set goals)
- Yale U niversity 1953 (4%)

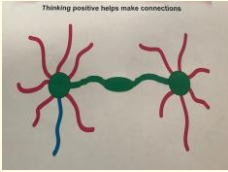
100 billion brain cells

- Dendrites
- Synoptic gap
- Positive thought stimulate neural receptor
- Serotonin chemical of happiness (anti-depressant)

What happens when we have a thought....

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- Train of thought
- Train brain to increase serotonin reservoir
- Neuro conductor allows thought to continue – ideas
- When established belief



Negative thoughts

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- Different neuro receptor
- Chemical of sadness – cortisol
- Fight or flight response
- Shuts down immune system, lymph system, brain, energy to muscles - adrenalin



Fight or Flight

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- Body designed for short time
 - Burn off chemical, release serotonin
- Physical exercise high
- Modern life worries;
 - Money, Family, Pain
 - Sit and worry
- Cortozole;
 - Dr's link to long term stress
- Seratonin – think you can so you will



Left or Right Side?

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- Left logic, Right creative
- Need both sides
- Right future – left the plan
- Right intuitive – left fear



Positive thinking is simple, not simplistic

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- Not head in clouds
- Stay positive and aware of negativity
- Always move towards what you think about consciously and sub-consciously
- Sub-conscious follows dominant thought
- Self sabotage
- How to stay positive – set goal
- Goal Mapping – set goals in most positive way



My Journey



Sheer Science (UK)

- Accredited Goal Mapping Practitioner
- Leaders



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