

The power of positive thought

Changing the way we think and setting ourselves positive goals can help us to maximise our true potential, says life coach Ruth Oshikanlu. By creating a goal map of our hopes and dreams in words and pictures, both sides of our brain will persuade our subconscious to pursue positive goals. Here 24-year-old Isabella Ghawi, who has uncontrolled seizures, follows Ruth's seven-step guide to make her own goal map. Her dream is of a first independent holiday in Spain with friends.



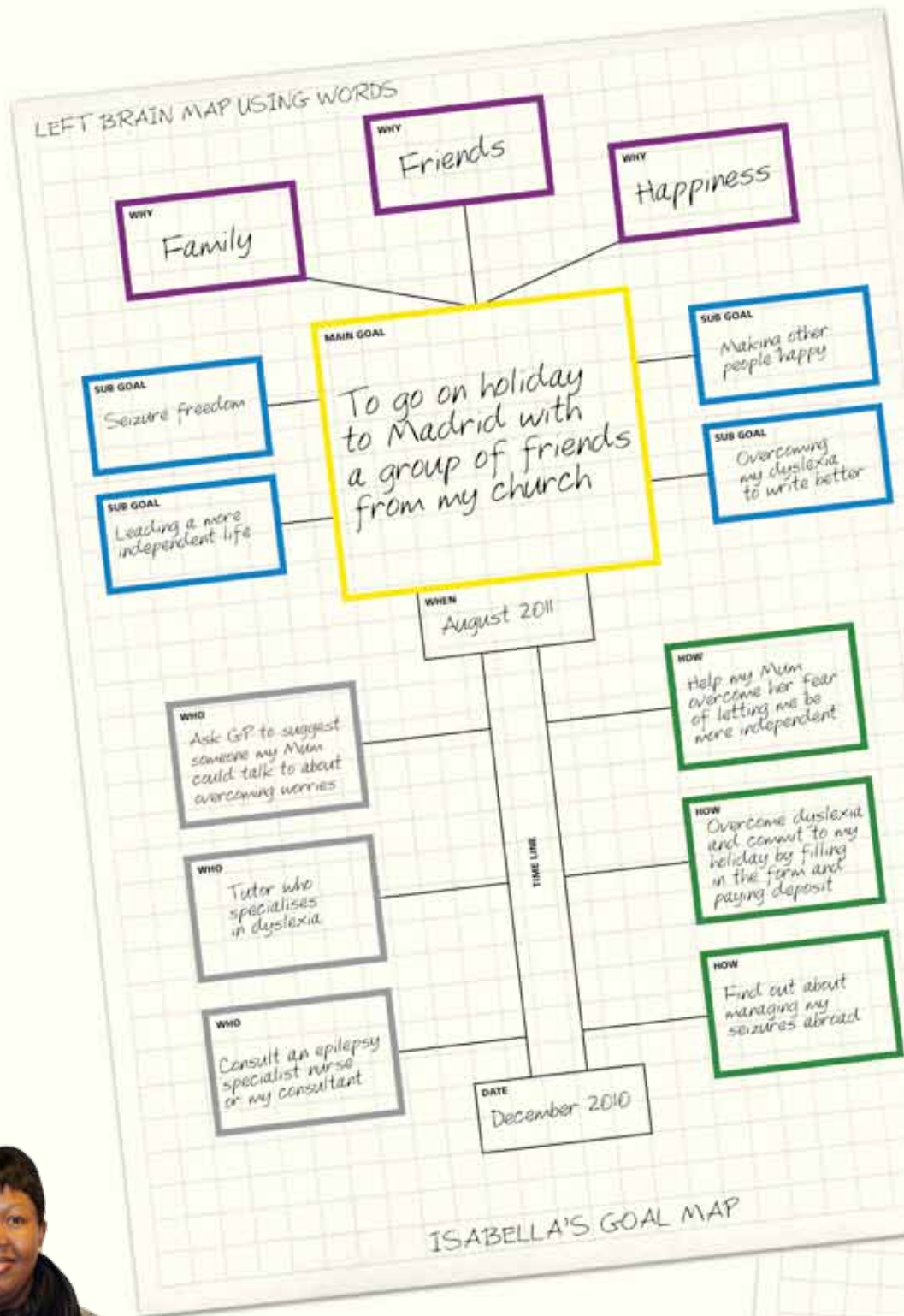
Ruth Oshikanlu

Step 1: DREAM What do you want to achieve?

Ruth: Try not to think too long about each question but answer instinctively – our hearts usually know what we really want.

If you won £1 million on the lottery, what would you do differently in your life?

Isabella: I would go on holiday to Madrid with my friends from church.



If for the next six months you could enjoy absolute perfect health, what would you do differently with your time?

Isabella: I would spend more time with my family and friends.

What have you always wanted to do, but have maybe been afraid to attempt?

Isabella: I would really love to be more independent and live by myself. I live at home with my mum



and she finds my seizures really worrying but she is scared of not being there for me.

If you could be granted any one skill or ability, what would you choose?

Isabella: I am dyslexic so I would like to be able to write better.

What gives you your greatest feeling of pleasure and satisfaction?

Isabella: Before my epilepsy it would have been academic success – 98 per cent in an exam gave me immense pleasure. Now I find happiness in cheering other people up.

What legacy would you like to leave; how do you want to be remembered?

Isabella: As someone who made other people happy. *If you knew you were guaranteed to succeed, what one great achievement would you dare to dream for yourself?*

Isabella: Freedom from my seizures.

Step 2: ORDER Which goals take priority?

Ruth: From your list, decide what is your top priority, then place your answer in the central yellow box of the left-brain map using words. Choose four more top priorities from your list and place in the blue boxes. See *Isabella's goal map, left.*

Step 3: DRAW Communicate your goals to your subconscious

Ruth: Turn your goals into pictures using the right-brain map template. Images are vital to stimulate the right side of your brain. As you fill in the following questions on your left-brain template, add more pictures on the right-brain map.

Step 4: WHY? Identify your emotional drivers

Ruth: Pin point the emotional reasons why you want to achieve your goals – such as 'love', 'freedom' and 'family'. Emotion acts as a fuel for motivation.

Step 5: WHEN? Define your timeline

Ruth: Goals without deadlines are just wishes – they lack the magic of commitment. Write today's date in the date box and your achievement date in the box below your main goal.

Step 6: HOW What actions you need to take

Ruth: Identify three actions you need to take to work towards your goal, such as studying, saving, or learning new skills.

Step 7: WHO Choose people or organisations to support you

Ruth: Identify family, friends or professionals who can help you achieve your goal.

Now that you have your goal map, commit to it: Sign it, visualise it, read it aloud, believe in your goal, share it with family and friends.

We would like to wish Isabella good luck – and maybe happy holiday – in achieving her goal.

To find out more about goal mapping contact Ruth on 07955 873565 or email ruth@goalmind.co.uk Create your own goal map online at www.goalmappingonline.com

