

## Achieve Goals Now

**Do you feel your goals have gone off the rails this year?** It's a real challenge to choose a direction today when the future is so uncertain. And many of the steps we planned in January aren't even do-able now. Yet typical planning methods tell us to:

...be realistic

...think in a direct, linear way about the steps required to reach a goal

...consider the resources you have at hand

...look at past experiences for methods that worked.

My name is Linda Williams. If you're like me, you may have tried S.M.A.R.T goals, daily planners, spreadsheets to plan projects and even [Gantt charts](#). They all work to keep me on task and focused...sometimes.

Other times, I've felt these methods created more stress than they solved. And if I didn't achieve my planned outcomes, I felt I had failed. I often noticed that the steps I laid out looked suspiciously like the ways I'd always approached things, which led me to guess I would get the same results.



**As tense as the times are right now, I feel we can all benefit from an approach that gets us out of feeling trapped by circumstances.** Luckily, seven years ago I learned a unique approach to mapping my steps toward a goal or a task I want to complete. I'm offering a quick program to get unstuck and get underway in accomplishing our goals.

### What is this program?

This is an approach to goal **achievement**, not goal setting. Developed in Japan, it's genuinely a whole brain method that unleashes our creativity and taps into our natural altruism to achieve our aims faster and more easily.

By engaging our conscious and non-conscious mind this goal achievement system bypasses limiting beliefs and our old ways of doing things. And – it engages our heart to help solve problems.

On top of all this, it's fun, easy, and adaptable to any task, goal or timeframe. People have used this system to plot a job change, increase business sales, improve a relationship, tackle learning a new skill, start a blog, get in shape.

### Who is this session for?

- Entrepreneurs, solopreneurs, executives, team leads.
- You, if you find it hard to stay motivated as you grind your way through a typical project or task management approach or keep up with a daily planner.
- You, if you're simply tired of the stale approaches to task planning. You *know* there's got to be a better way.
- You, if you feel frazzled by the uncertainty of this year and would like to feel grounded while making solid progress.

### **How will you benefit?**

- ✓ Learn how to tap into your whole brain and heart to set a path to any task or goal you have, within any timeframe
- ✓ Bypass your default ways of problem solving or limiting beliefs that stall your progress
- ✓ Unleash your creativity to identify steps toward your goal that you would not normally see
- ✓ Bring in your natural sense of altruism to open new ideas for accomplishing your tasks
- ✓ Complete a map to accomplish a first task

### **What are the details?**

Two virtual sessions:

**Session #1:** Wednesday, November 11 at 10AM PST/Noon CST/1PM EST

90-minute overview/implementation session to get you started with the approach

**Session #2:** Wednesday, November 18 at 10AM PST/Noon CST/1PM EST

1-2 hour follow-up session to answer your questions

Space is very limited (up to 16). I would like to make sure everyone is able to ask questions and complete one roadmap!

This is a pilot, so I'm offering this to people who are genuinely intrigued to be part of this experience and will offer feedback. The fee for the two sessions is \$97.

**Contact me at [lwilliams@cogent.is](mailto:lwilliams@cogent.is) to register.**