



WORKBOOK



*Accomplish
Your Goals*

OLESYA LURASCHI COACHING

Changing Your Brain

We know that your ability to accomplish your goals largely depends on your thoughts and your beliefs in yourself and your ability to accomplish the goal.

01

Write down a specific and measurable goal:

02

Write down some obstacles that will prevent you from accomplishing this goal

03

Write down some strategies you will use to overcome these obstacles:

04

Use this workbook to elucidate your current thought models and how they are affecting your ability to accomplish your goals. Then create a new thought model that would be more effective in accomplishing your goal.

THOUGHT ABOUT YOUR GOAL

Complete a thought model that you noticed using today that did not serve you in regard to accomplishing your goal. This thought model is your reflexive mindset.

Thought:

Emotion:

Action:

Now create a thought model that would serve you in accomplishing your goal. This thought model will be your deliberate mindset.

Thought:

Emotion:

Action:

**Print multiple copies of this page and do this on daily basis for best results.*

THE SCIENCE OF CHANGE

- There are two modes of functioning in the brain: reflexive and deliberate.
 - Reflexive thinking feels automatic and requires little effort - these are the thoughts that are habitual.
 - Deliberate thinking requires effort and focus. Any time you are forcing yourself to learn something new or to do something that is not reflexive, your brain engages in this type of thinking.
 - In order to create change in the brain, positive neuroplasticity, we need to engage in deliberate thoughts and put our focus on these thoughts.
 - By creating deliberate thought models, writing them down, and practicing them, you are forming new reflexive thoughts.
 - Essentially these new reflexive thoughts are your new beliefs.
 - To accomplish your goals you need to believe in yourself, in your ability to accomplish the goal, and the benefits from accomplishing the goal.
-