



How to create your visualization board in Goalster



@erkosha
@goalsterapp

Welcome to a place where all of your goals are effectively achieved.

My name is **Yerkezhan** and I'm **incredibly happy** to present you my new application - «**Goalster**», available for smartphones and tablets on the IOS platform. (Soon on the Android as well)

We live in a **modern** and **rapidly changing** world, where every day there is a large flow of information, which leads to uncertainty, procrastination, emotional burnout, and loss of motivation. Probably everyone has come across the feeling that they are living **Groundhog Day**. But in our life there are so many different areas, such as: career, relationships, family, health, growth, finance, recreation, etc. And in order to achieve the balance in life, **it is necessary to put all these areas in order.**

So how can you be effective while keeping balance and living the life of your dreams?

I was thinking to create an application half a year before signing a contract with the developers. But the idea itself came out **in one breath** at a certain moment in my life. I have developed my **own methodology** that helped me to achieve **global goals** in less than a **YEAR** and reach a completely new level of life.

The name of the application was created from the two semantic words «**Goals**» + «**Master**», and it's not for nothing.

Now you will have **the key to your goals in your pocket!** You will be able to achieve your goals **faster** and **more efficiently than before!**

After all, progress begins with regularity.

Are you with us?

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What's this?

This is a collage of your **short-term** and **long-term** goals and dreams that you capture with pictures, showing the result to which you want to come.

Why is it important to capture your goals with pictures?

Our brain is capable of **endless possibilities** and **amazing resources**. We look at our **goals** and **dreams** through the prism of perception and form in our minds the ways and methods of achievement.

Neuroscience has proven that our brain is much more efficient at remembering images than words. Looking at the board of our goals, we are motivated to act and the desired result doesn't seem so distant and irresistible. We cannot use our thinking to the fullest, but we can contribute to it.

Thanks to **the Goalster** app, you will have a pocket assistant with whom you will find solutions, you'll increase **motivation** and **productivity**, much more efficiently and more confidently.

Where to begin?

Define:

- Who am I?
- My point A (your current state)
- My point B (desired state)
- My mission for the coming year
- Reason for goal
- Negative beliefs and attitudes that prevent us from acting
- Action plan
- Deadlines

How to define your mission?

Awareness of your mission leads to setting a true goal to the emergence of cool results!

How to understand this?

1. Think about what you are doing on a daily basis:

2. What you can praise yourself for:

3. Assess your energy level for a current period of life:

4. What areas of life are your priorities right now:

5. What admires you about other people:

6. What qualities in yourself do you value:

7. What success means to you:

How to determine your point <A> and point ?

You need to find true desire and honest motivation.

For example:

A) My current state is a student / graduate without a stable job and income.

B) My desired future is an intern / specialist in an international company with X salary per month.

Write down:

1. Pros of my current point <A>:

2. Cons:

3. The reasons for my inactivity (laziness, lack of resources, time, etc.):

4. How will you feel when you arrive at the desired B-point?:

But ... We are able to change our focus **in a positive and beneficial way!**

1. Write down all your negative and limiting attitudes that prevent you from moving towards your goal (minimum 30):

[illegible]

2. Now answer, what opportunities will you have if these attitudes are not there?:

3. Write down 3 actions for each negative belief.

For example: enroll in an online course in the specialty; buy a book in English; send a CV to the company:

4. Do one thing now and do not postpone until tomorrow:

Tips for composing a visualization board in the app:

- Decide on your priority life areas for the next 30 days. The application recommends choosing no more than 3 areas per month.
- Leave a more detailed description of your goal under each area.
- Find a picture or photograph that describes your goal visually. The application recommends choosing no more than 3 photos per area.
- Under each photo, write a wish in the present tense, as if it has already come true and became real in your life.

For example: I am applying to the American University for the scholarship. My income in December was \$ 9.999. I signed an employment contract with an international company in my specialty.

- While creating your unique visualization board, you clearly understand what you want and make your goals as specific as possible with pictures and intentions. Go to the visualization section 3 times a day (morning, afternoon, evening) and follow your action plan in the planning section.

Image search platforms:

- 1. Pinterest** is a platform for finding inspiration, pictures, ideas, on all kinds of topics.
- 2. Unsplash** is a website with high quality photos from photographers all around the world.
- 3. StockSnap** - a library of photographs from different parts of the world.
- 4. We heart it** - the interface is similar to Pinterest. There is also a version for phones.
- 5. PearlTrees** is a mobile application with different types of content.
- 6. Pexels** is a social network for quality photo and video content. The base of photos on the site is updated every day and surprises its users with the highest quality.

Top 8 books about visualization:

1. Dan Roam: «Unfolding the Napkin: The Hands-On Method for Solving Complex Problems with Simple Pictures».

The book helps to make the process of thinking easier, more effective and more fun.

2. Nathan Yau: «Visualize This: The FlowingData Guide to Design, Visualization, and Statistics».

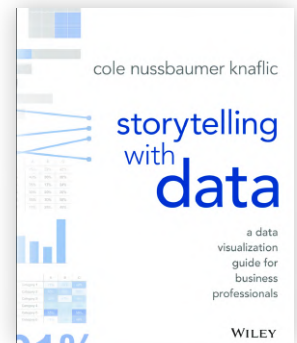
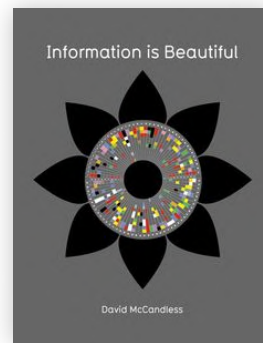
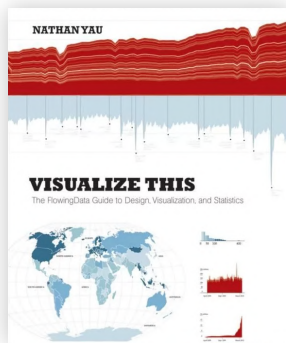
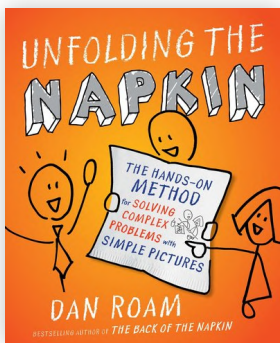
The book explores the ways and means where you can find data, how to format it, process it, and prepare it for visualization.

3. David McCandless: «Information Is Beautiful».

The book provides information on all areas of life. Schemes, pictures, graphs, data visualization.

4. Cole Naflick: «Storytelling with Data».

The book will teach you the basics of visualization and how to effectively interact with them.



5. Shakti Gawain: «Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life».

The book will teach you to use your natural creative imagination in a conscious way to get what you really want - love, satisfaction, joy, good relationships, favorite work, selfexpression, health, beauty, wealth, peace of mind and harmony... everything, what your heart desires.

6. Jamie Nast: «Idea Mapping: How to Access Your Hidden Brain Power, Learn Faster, Remember More, and Achieve Success in Business».

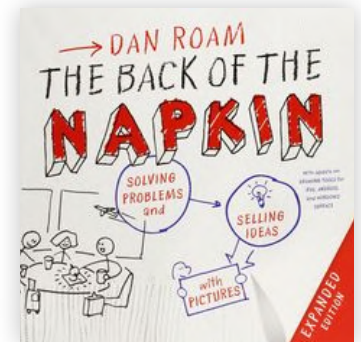
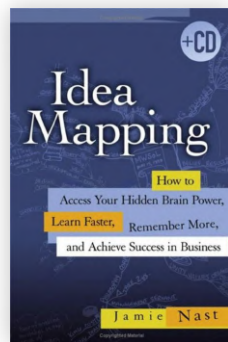
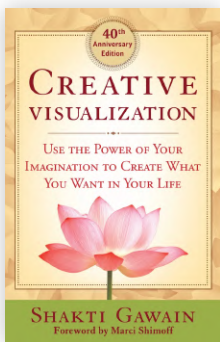
The book describes a way of expressing thoughts, making it easier to memorize and process a large amount of information.

7. Mike Rohde: «The Sketchnote Workbook: Advanced techniques for taking visual notes you can use anywhere».

In the book you will find a lot of interesting and practical advice on how to visualize and will make it clear what to do with all this next

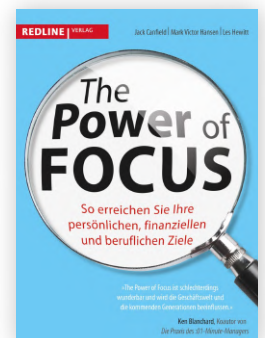
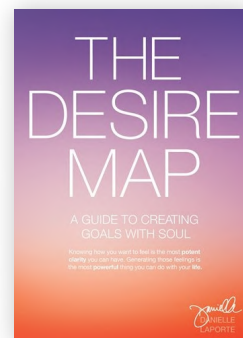
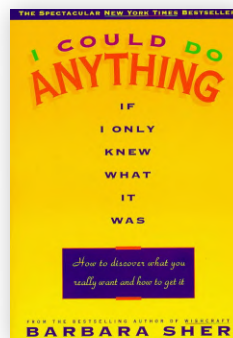
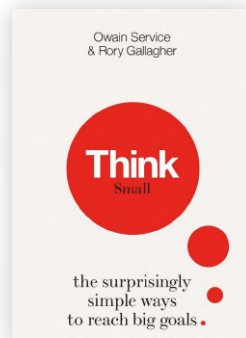
8. Dan Roam: «The Back of the Napkin: Solving Problems and Selling Ideas with Pictures».

The book describes the steps of visual thinking necessary to clearly describe ideas.

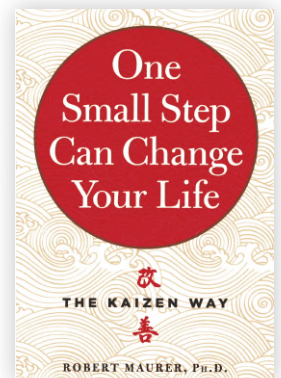
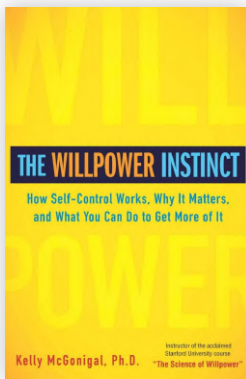


Top 13 books about goals and dreams:

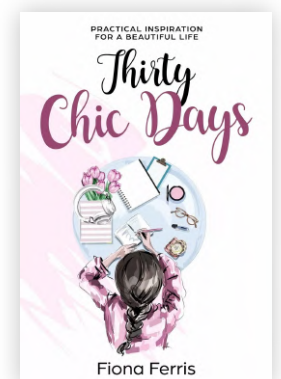
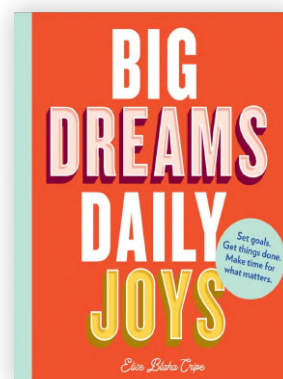
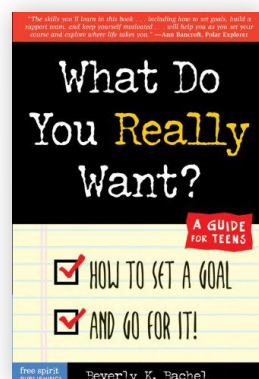
1. Barbara Sher: «The Best Advice I Ever Gave: 94 essential tips for making your dreams come true».
2. Rory Gallagher: «Think small».
3. Barbara Sher: «I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It».
4. Danielle Laporte: «The Desire Map: A Guide to Creating Goals with Soul».
5. Jack Canfield: «The Power of Focus: So erreichen Sie Ihre persönlichen, finanziellen und beruflichen Ziele».



6. Kelly McGonigal: «The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It».
7. Sarah Knight: «The Life-Changing Magic of Not Giving a F*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do».
8. Robert Kiyosaki: «Goals and Revolutions».
9. R. Maurer: «One Small Step Can Change Your Life: The Kaizen Way».



10. Anders Dahlvig: «The IKEA Edge: Building Global Growth and Social Good at the World's Most Iconic Home Store».
11. Batchel B: «What Do You Really Want?: How to Set a Goal and Go for It! A Guide for Teens».
12. Elise Blaha Cripe: «Big Dreams, Daily Joys: Set goals. Get things done. Make time for what matters».
13. Fiona Ferris: «Thirty Chic Days: Practical inspiration for a beautiful life».



Follow us - @goalsterapp

1. We will remind about us every time!

And you will not forget to write down plans for the day in order to be closer to the goal!

2. You will become a Master of Goal Achievement.

Have we said that you will achieve faster? Let me remind you again! The app will help you, and the nickname "Master of Goals" will be yours.

3. Stay informed.

We are actively sharing not only news about the application, but also about various useful things that will help you and motivate you to new feats!

You can contact us at any time and leave a request. We value our clients and will not disregard your request.

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