

Brain Bites – Goal Setting – January 2010

Category – Goal Setting and Developmental Milestones

Most people set goals in response to wanting change or make improvements in their personal and professional life. While this is a responsible way to move towards our dreams, and manage our life priorities, it doesn't necessarily yield results for everyone.

A select percentage of the population have truly mastered the art of goal setting and goal achievement, while many others struggle with manifesting their desires, and live their lives by default.

Why are so many people not achieving their goals? Have we made it too complex, are we missing key steps or is there a secret formula we need to uncover? All of the above?

The process of simplification, making the body-mind connection, and using the magic of specific integrative movements will support you, your family and colleagues, in achieving your much deserved goals for the year ahead!

Here is how it works:

Young children are playful, yet determined as they learn to roll over, sit up, crawl, walk, and then run. It may look like play but they are actually working on achieving development milestones when they relentlessly focus on mastering a task like crawling.

There are many of these milestones, such as crawling, that a child begins in the womb and continues throughout infancy as a way for the brain to create, expand and strengthen its neurological networks.

Crawling is an integrative movement which connects the left and right hemispheres of the brain, necessary for binocular vision, reading, communication, whole body movement, etc.,. Research has proven that neurological networks are woven throughout the body. So as we move the body, we stimulate the brain. ***This body-mind integration lays the foundation for all future life and learning experiences from childhood into adulthood.***

Some children skip developmental steps when they move straight into walking, without crawling first. Because of this, it's likely that some developmental milestones may not have been fully established.

Gaps in our early childhood developmental impact areas of our adult life more than we realize, in ways such as emotional balance, focus, organization, the ability to receive and express love, form connections and bonds, as well as, with long term memory, attention span, and our ability to respond to new situations from a place of optimism and grace, rather than flight or fight reactions.

As adults, we may notice life challenges due to developmental gaps in areas like those mentioned above. The great news is that, at any age, we have the ability to do integrative movements like the Brain Gym® Cross Crawl, to create, expand and strengthen the neurological networks in the brain to reach our innate potential now and as we age.

In order to achieve our goals, we first need to establish the pathways on the inside via our body in tandem with the corresponding neurological wiring. As adults, we too can experience the excitement and joy of uncovering the resources, creativity and abilities to get us where we want to go, easily and naturally.

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers. Their company, Brain Works Global Inc., train clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations, schools and the community. For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.