

Whole Brain Planning

A tipsheet of whole brain methods you can use in your coaching to help your clients achieve their dreams & goals in a distracting world.

**USE MORE OF YOUR MIND
TO GET THE RIGHT THINGS DONE IN LESS
TIME.**

“On and Off”

Using both focused thinking & mind wandering in your planning helps engage separate networks throughout your brain to help you:

- get in touch with **what matters most**
- **have “a ha” moments & let creative ideas flow**
- create a **clear plan of action**

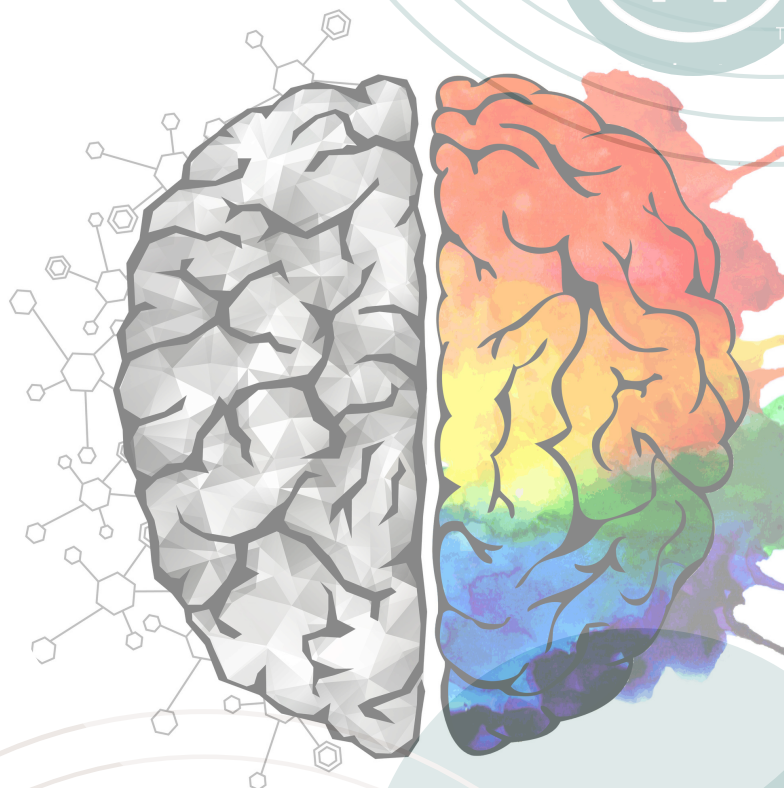
“Right to Left”

Start with right brain phase of thinking. Then, move to left brain phase to create your plan.

1. Think big picture
 2. Draw and use color
 3. Visually mind map your ideas
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1. Break your big goals into smaller steps
 2. Identify high results activities
 3. Schedule actions into your calendar

“Back to Front”

Move from envisioning to ideation to execution then evaluation...mimicking the natural flow of information involved in goal achievement.



It's not rocketscience. It's neuroscience!

**"Christine, you make it so easy for us!" -
Hannah***

Think Time Planner lays out **neuroscience-based strategies** in an easy to use Dream, Decide, Do, and Review process to help you **make productivity easy** so you can **bring your dreams to life.**

"Think Time is a game changer for me. I can finally SEE what I have going on."

-Adam, a veteran with TBI, PTSD, and ADHD

"I love Think Time. It's so easy. I don't know why I haven't been doing this my whole life!"

-Cara, Smart but Scattered single parent and speech therapist

"With Think Time, I can breathe for the first time in my adult life."

-Teresa, professional artist & homeschooling mom

"When I started visualizing with my Think Time Planner, my business took off. I stopped hoping for clients, and started booking appointments."

-Natalie, Executive Function Coach, FamilyADDventures

Don't waste another day with planners that aren't helping your clients get their best results.

Try it! Use code "**Counselor50**" at checkout or **scan this flowcode** to get 50% off a Dated Digital Think Time today!

For further questions, please visit think-time.com.
For bulk or wholesale orders, e-mail cwilson@think-time.com.

Christine Wilson, LPC

*Names have been changed.
Every brain is different.
Results will vary.

