

Integrated Goal Setting

With Mind Mapping Tapping

Working with our “resistance” rather than ignoring it

 *Deborah Donndelinger*

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Dear Friends and Readers,

Over the years, I have tried different ways of setting goals, often with quite limited results. This past year, I developed, and applied, a new approach combining Emotional Freedom Techniques, EFT, with mind mapping and the fishbone diagram. I am excited to share these ideas with you as they have been helpful to me. Integrated goal setting is a process that tunes into our intuition as well as our ambition; both are invaluable. I hope you enjoy it as much as I have. All the best,

~ Deborah Donndelinger

Integrated Goal Setting Feels Hopeful not Punitive

| Ineffective Goal Setting | Integrated Goal Setting |
|--|--|
| Done annually as part of outside process like performance evaluation, New Year's resolutions, or time management planning. | Tied to something personal and meaningful when the time feels right. For example, the period leading up to one's birthday can be an integrating and a reflective time unique to your energy. |
| Feels like "I should". | Feels liberating |
| Sees accomplishment as an issue of discipline. | Sees the joy in the journey as well as the having. |
| Bad feelings are considered obstacles, to be ignored or overcome. | All feelings are information and point to clarity. |
| "If I can describe it in steps, I can accomplish it." | "It is okay not to know right now." |



Mind Mapping Tapping: Goal Setting

Write it down.

Make space for the questions.

Tap where you feel unease.

Let the clarity emerge.

Update, change, modify.

Use the structure to give you thinking
space.

Structure gives our creativity space to be expressed

In the early 90's, I taught a class based on the Seven Management and Planning Tools by GOAL/QPC¹. Time and time again I experienced the power of combining creative and structured thinking. The structure of expansive and then reductive thinking creates order out of chaos while including the wisdom of all the participants.

Structure gives our creativity space to be seen. The blank canvas has edges. A map lets us explore nooks and crannies without getting lost. Similarly, a template for thinking and tapping helps us not get overwhelmed.

Tapping helps us see past the unease

I am assuming all of you reading this know about EFT, aka tapping. If not, you can visit my website² for an introduction to this marvelous modality. The reason tapping is so helpful when we are setting goals is that we can dive into the unanswered questions and unease rather than try to ignore them all. Tapping on our unanswered questions reveals insights and offers relief. We find the path of ease and grace rather than pushing and resisting. Tapping lets us find the gem in the tension so that we can move forward.

1 The original book I taught from is The Memory Jogger Plus + Featuring the Seven Management and Planning Tools.

2 <http://www.deborahdonndelinger.com/relief-with-eft>

Goal setting involves the unknown

As I was doing some research for this booklet, I decided that the term “goal setting” is a misnomer. We talk about goal setting when we want to achieve something that is a stretch for us. By definition, we are striving for something that we have never done before. I set goals when I do not **see the path to the goal or I think it will be hard to attain**. We do not need to set goals for things we know how to do. We set goals for things we do not know how to do. Often we have hidden thoughts and “resistance” entangled in what we want.

A goal is not a way to measure success or failure; it’s a way to get energy moving.

Towards the end of 2014, I was feeling much contrast and resistance around expanding my work. I realized that I had some old energy around “failing” and I did not like the idea of setting goals. However, I also was feeling frustrated and wanted a sense of expansion in my work. By tapping and using a written organizing structure, I was able to gain clarity while working with the resistance I felt.³ Once I started using tapping and a structured template, things shifted quickly for me around my goals.

Two Templates

I use two templates for structured tapping: the mind map and the fishbone diagram. The mind map is a one-page drawing of all the ideas related to your original goal. The fishbone also structures all your ideas but is more linear in its layout. Details and pictures follow.

Six Aspects of Mind Mapping Tapping

The six aspects of Mind Mapping Tapping are:

- Write it down.
- Make space for the questions.
- Tap where you feel unease.
- Let the clarity emerge.
- Update, change, modify.
- Use the structure.

Write it down.

Several years ago, I had the privilege of working with Vimala Rodgers of the International Institute of Handwriting Studies. (I highly recommend her work and use her style of handwriting in my own life.) Writing things down activates our brain differently than typing it. In her words:

³ Many thanks to Gene Monterastelli of www.tappingqanda.com. His presentation and then a private conversation during the 2015 Spring Energy Event helped me break through this logjam.

“When we wrap our fingers around a pen, pencil, or chopstick, we trigger the prefrontal lobe of the brain, our creative center. When we use a keyboard (not a piano) to type and communicate words, we draw from the primitive part of the brain, also referred to as the reptilian brain. Both the kinesthetic effect and the level of consciousness are quite different in each center because we are, as it were, dipping into different wells.”⁴

The act of writing out our goal, our questions, and our ideas has innumerable benefits. We can **let the paper hold our unease** until we can tap. We can let the paper hold our questions until we gain clarity.

Make space for the questions.

When we write down our goal and our related thoughts, we make space for our questions. When we are overwhelmed by the questions, our creative process stops in its tracks. However, by giving space to the questions, supported by tapping, we find ourselves in an empowering flow of ideas rather than a facing a slammed-shut door. Questions, uncertainties, and unease are helpful if we use them to find clarity.

Tap where you feel unease.

Many of us feel some shame, frustration, fear, and anger associated with not knowing how to do something. We see it as a failing rather than a starting point. If you feel unease when you write down your goal and your questions (aka unknowns), this is excellent material for tapping.

Let the clarity emerge.

If we see **clarity as a process** rather than a starting point, we face our goal setting differently. The purpose of a goal is to get our energy moving and focused, not to judge ourselves as failing or succeeding.

Use the structure

Using a structured template gives us space to list our questions without getting overwhelmed. I use two tools for this, the mind map and the fishbone.

Mind Mapping Tapping

A mind map is a visual way of organizing your thoughts and ideas related to one central idea. You add ideas geographically on the mind map, effectively brainstorming ideas in a nonlinear manner. Here is how to combine the mind map with tapping.

1. Write down the goal in the center of the page.
2. List all your current knowns and unknowns in the areas around the map. Each major line relates to a theme. Sub-lines represent details related to the larger line. To start, use the

⁴ <http://iihs.com/faqs.html> December 2015

themes of who, what, where, when, how and why.

3. On a regular basis, perhaps daily or weekly, review the piece of paper and tap on one or two of the most pressing questions.
4. Update and modify the mind map as you gain clarity in each area.

Below is a simplified version of a mind map I created around this PDF project.



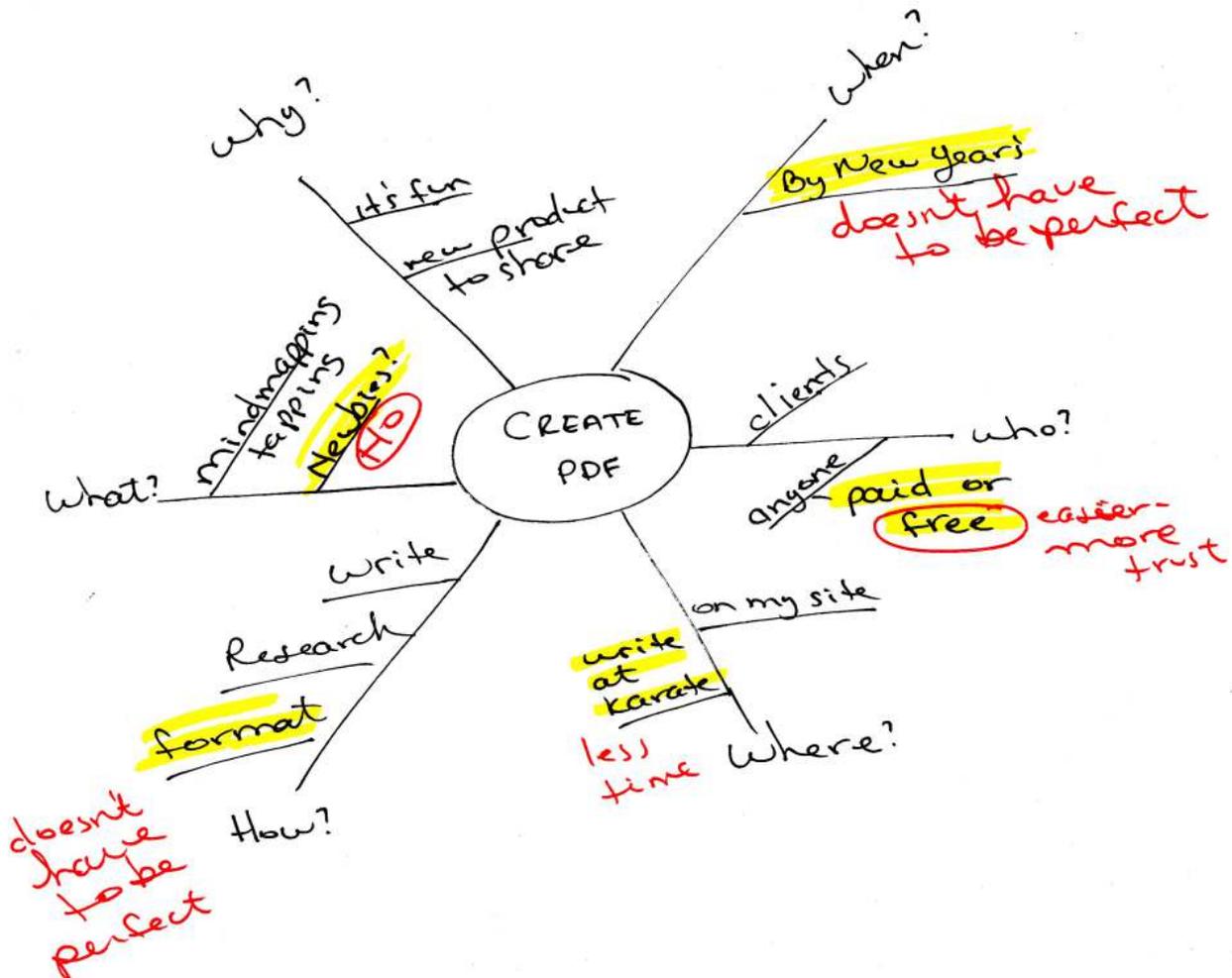
When I wrote out my mind map, I felt a tension in several areas. Not a big deal but I could feel the stress and tapping helped me quickly find the answer. Some examples include:

Do I offer this as a free product or paid? After tapping, I was quite clear I wanted it to be a free

product widely available.

Formatting can drag me down. I realized that I was caught between wanting to do the product and get it out versus making it look professionally formatted. Tapping helped me let go of the need for "perfection" and decide to move forward.

You can see in the second picture that I highlighted and modified the mind map as I got clearer on what I wanted. Make your mind map a work in progress, with notes, additions, and updates!



Language for tapping

I specifically tapped on the following ideas and thoughts:

- I hate formatting.

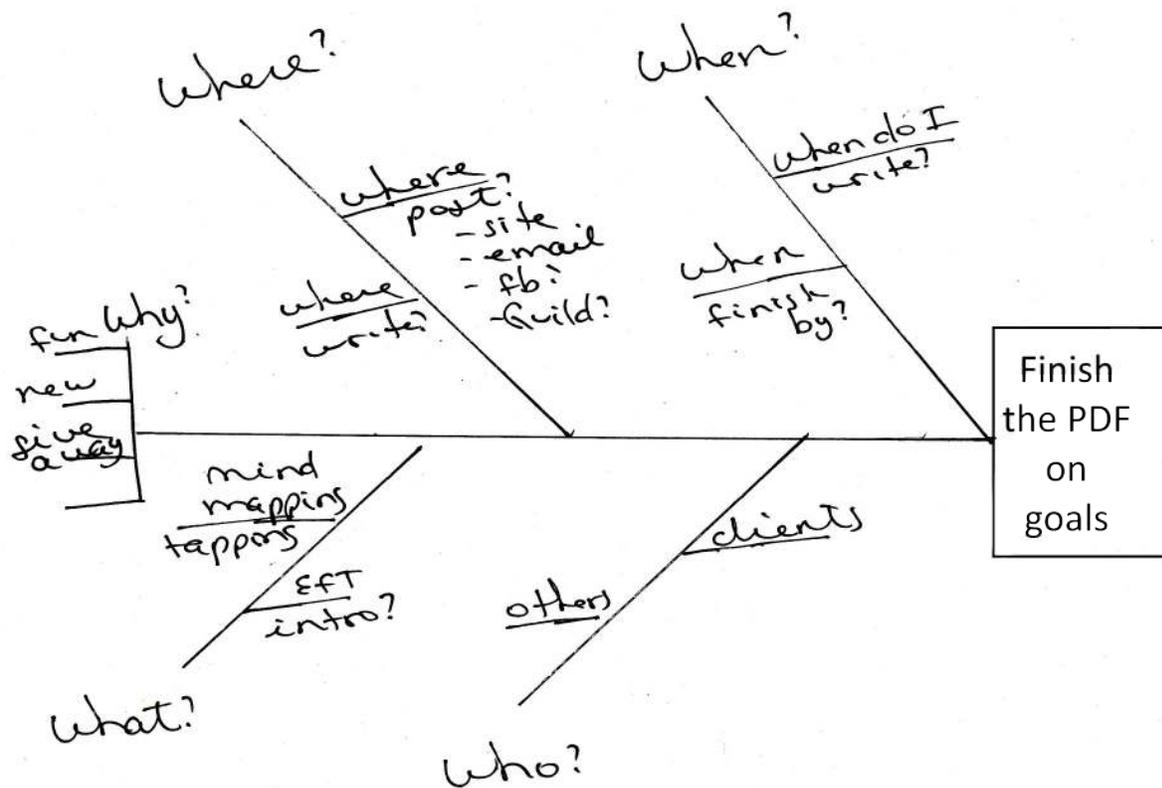
- I do not like hassling with a paid product.
- I want it done by New Year's Day.
- Do I have to include directions for EFT?

Generically tapping might look like the following phrases. However, the more tailored and colorful the language, the better.

- Even though I do not know how to do this, I deeply and completely accept myself.
- Even though I feel stress about this, I deeply and completely accept myself.
- Even though I am not good at this part, I deeply and completely accept myself.

Using the Fishbone Diagram Instead

Sometimes the mind map is too unstructured for me, so instead I use the fishbone diagram. The fishbone is a different way of organizing the information as you brainstorm.



Fishbone for Goal Clarification

1. Draw a blank fishbone. On the right-hand side, write the goal or issue.

2. Make it a declarative statement, not a question.
3. Fill in all the bones with questions and details you already know.
4. On a regular basis, pull out your fishbone diagram and scan all the entries. Find one or two items and tap on them.
5. Revise the diagram as you gain clarity.

Notice the Action is Missing

I have not yet included anything about taking action. I find that as I get clear on what I want, am okay with the emerging clarity, and address any tension with tapping, I take action with ease. You could add to your daily routine the question:

- Is there something I want to take action on today?

If your answer is no but you feel uneasy, I recommend tapping on that unease.

Go Write and Tap

Okay, these are my thoughts on mind mapping tapping and integrated goal setting. Such a simple approach but with unlimited potential. Please do let me know how it goes, any questions you have, and successes to celebrate. My email is deb@eftwithdeborah.com.

Here is to a superb 2016.

~ Deborah D.



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