

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.

 **FOR BEST RESULTS, USE YOUR WHOLE BRAIN**

“On and Off”

Combine focused thinking and mind wandering in your planning to engage separate networks throughout your brain to help you:

- get in touch with **what matters most**
- let your **ideas** flow
- synthesize these ideas into 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 by drawing your dreams & goals
1. Break your big goals into smaller steps using mind-mapping.
2. Schedule high results activities into your calendar using words

“Back to Front”

Support the natural flow of goal achievement in a highly visual, easy to use Dream, Decide, Do + Review process in your Think Time Planner.



It's not rocketscience. It's neuroscience!

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

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."

-Andy, 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!"

-Carrie, Smart but Scattered single parent and speech therapist

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

-Taylor, 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."

-Nicole, 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 **"ADHDCoach50"** at checkout or **scan this flowcode** to get 50% off a 2022-2023 Think Time Planner Digital Download today!

Get in touch with us!

Visit our website at think-time.com

For bulk orders, text 214.903.4675

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