



Learning How To Avoid The Gap™

GRDP GLOBAL RELIEF AND DEVELOPMENT PARTNERS

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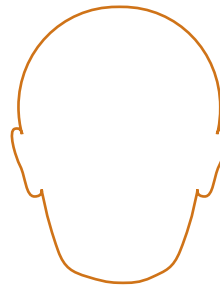
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How Your Brain Works

Definitions

- **The Gap:** This is the permanent difference between the Actual and the Ideal.
- **The Actuals:** These represent our actual achievements in life – internal or external.
- **The Ideal:** This is a mental construct. It does not exist outside of our minds, nor is it achievable. The Ideal has a number of powerful purposes. It enables us to:
 - establish goals
 - motivate ourselves
 - withstand difficulties and hardships
- **Goals:** Our goals are specific, measurable results inspired by the Ideal.

The Diagram



The Measurements

A

Measuring against the Ideal:

THE NEGATIVE ZONE

B

Measuring from Actual:

THE POSITIVE ZONE

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