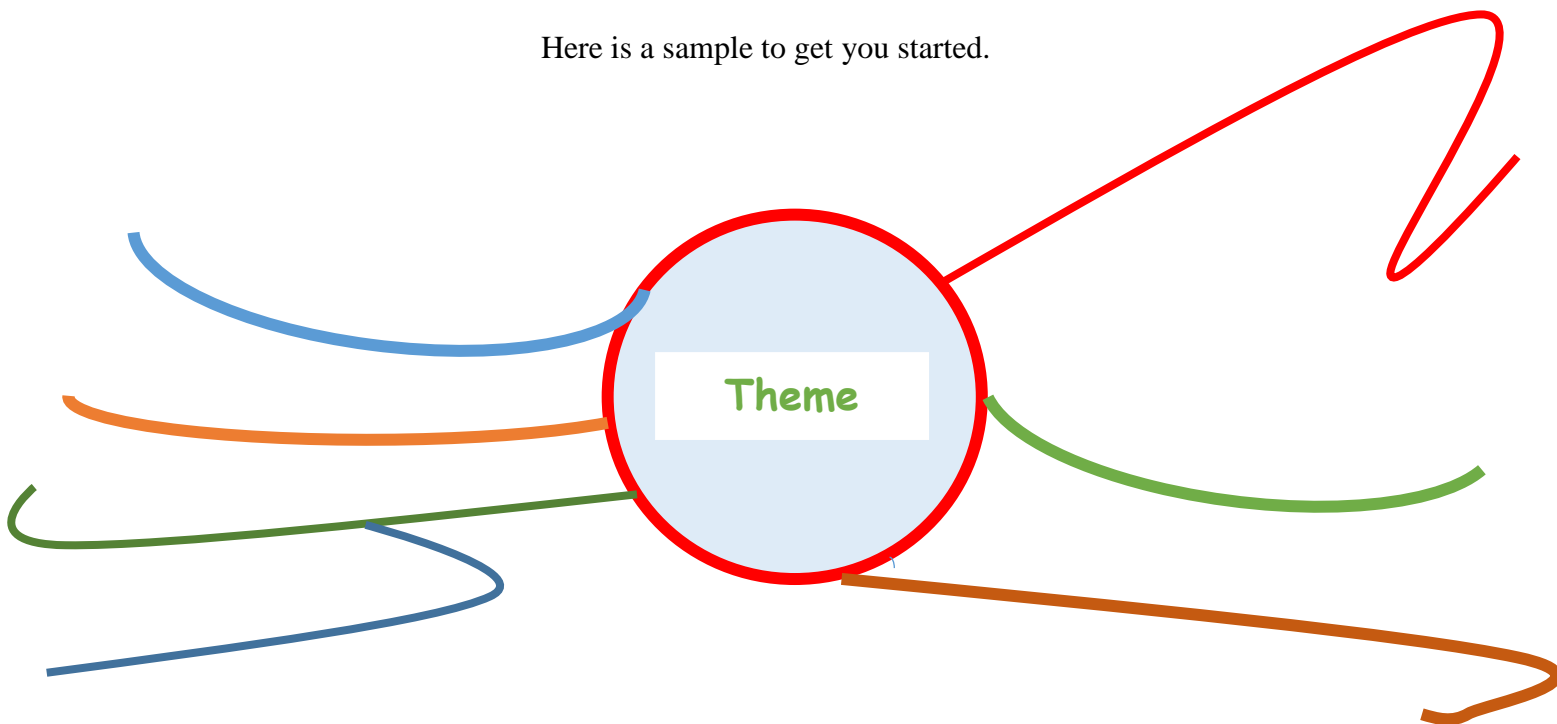


Mind-Mapping

A Mind-Map is a great way to get your thoughts about any topic, challenge, goal or project on paper.

It's a useful, easy brainstorming tool that can be used in many ways.

Here is a sample to get you started.



Creating a Mind-Map:

- Mind-Maps are excellent brainstorming, mindfulness, and emotional block-busting tools.
- You can use them for any type of thought, feeling, issue, or project – personal or professional.
- To start, put the central theme in the center of the page; draw whatever you want around the theme to reflect how you feel about it. Try to use 3 colors in the center. Add illustrations, if you like.
- Add varied, colored, radiating wavy lines from the center. Write your related thoughts and/or draw illustrations, stick figures, doodles etc. on them. Use a different colored pencil/crayon/marker for each line and the words on it. The switch helps reset your brain. You may repeat colors, just do not use the same color back to back.
- Don't censor yourself; write whatever comes to mind, even if it doesn't seem to make sense.
- You may add sub-headings to the lines, but if your paper begins to fill-up, stop and start on a new sheet of paper to expand each new theme, idea or concept. Look for patterns between your maps.
- Explore any patterns in new mind-maps by using them as a new central theme.
- The bigger the paper the better. Big paper sends your brain the subtle message that there is plenty of room to expand your thoughts and ideas, which will help you relax and let your thoughts flow.

For more info go to: www.wishfulthinkingworks.com, and select "Resources", "WTW Worksheets," "Mind-Mapping".