

MIND MAPPING TOOL

Mind mapping is a graphic organizing tool to illustrate a dynamic flow. The idea is to break free from linear thinking so that you are more able to dream big or think outside the box.

1. In the center of the map, write your name or your desired goal.
2. In the boxes that emanate from the center, write more specific descriptions of yourself or more specific ideas related to your goal.
3. In the lines around the boxes, record more specificity. There is no limit to the number of lines connected to a particular box.
4. After you complete this mind map, share with your coach for a debrief.

