

## **Mind Mapping Directions**

Mind mapping can be used to solve a problem. We are going to use mind mapping to create a visual image of your lifetime goals.

### **What is mind mapping?**

The mapping method is a graphic representation of a topic using main points and supporting points connected on the page. Mind mapping maximizes active learning. It helps you see relationships between ideas and emphasizes critical thinking.

### **Mind mapping exercise:**

Mind mapping involves writing down a central idea or image. Then think up new or related ideas which radiate out from the center. By focusing on key ideas written down in your own words and images, then looking for branches out and connections between the ideas, you are mapping knowledge in a manner which will help you understand and remember new information.

### **For this exercise:**

- Put your main image in the center
- Draw quickly on unlined paper without pausing, judging or editing
- Write down key ideas
- Use colors, lines, arrows, branches or other visual cues
- Leave lots of space
- Look for relationships

### **For this exercise include branches and images for the following lifetime goals:**

- Career goals
- Educational goals
- Family goals
- Financial goals
- Physical goals
- Public service goals
- Social goals
- Enjoyment goals
- Artistic goals