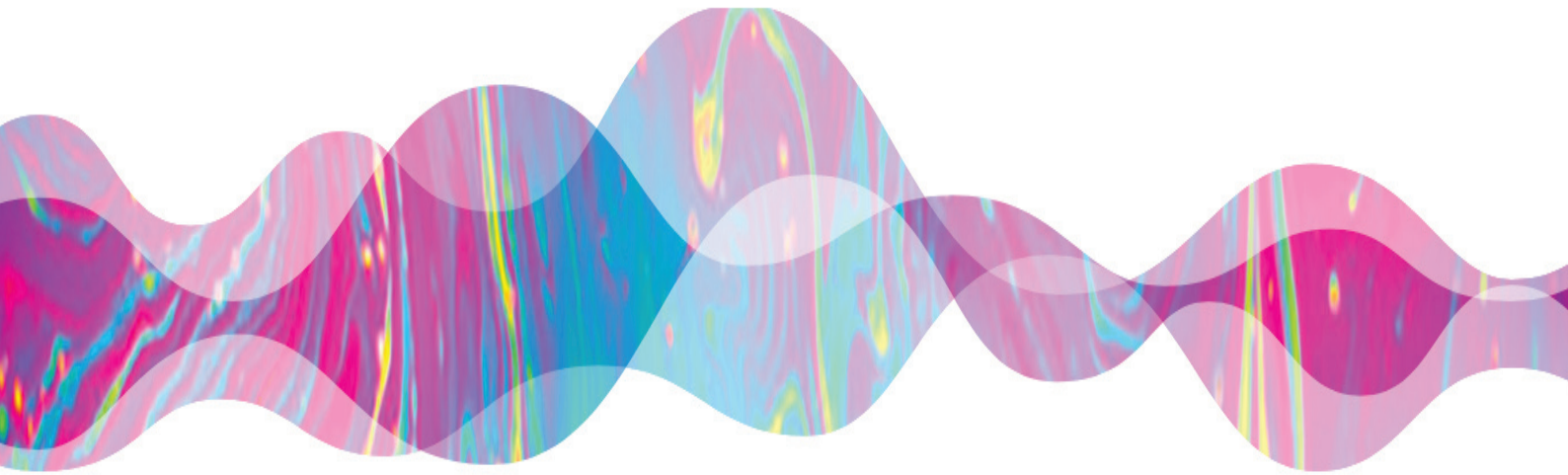


Mind Mapping Me

Chapter 1



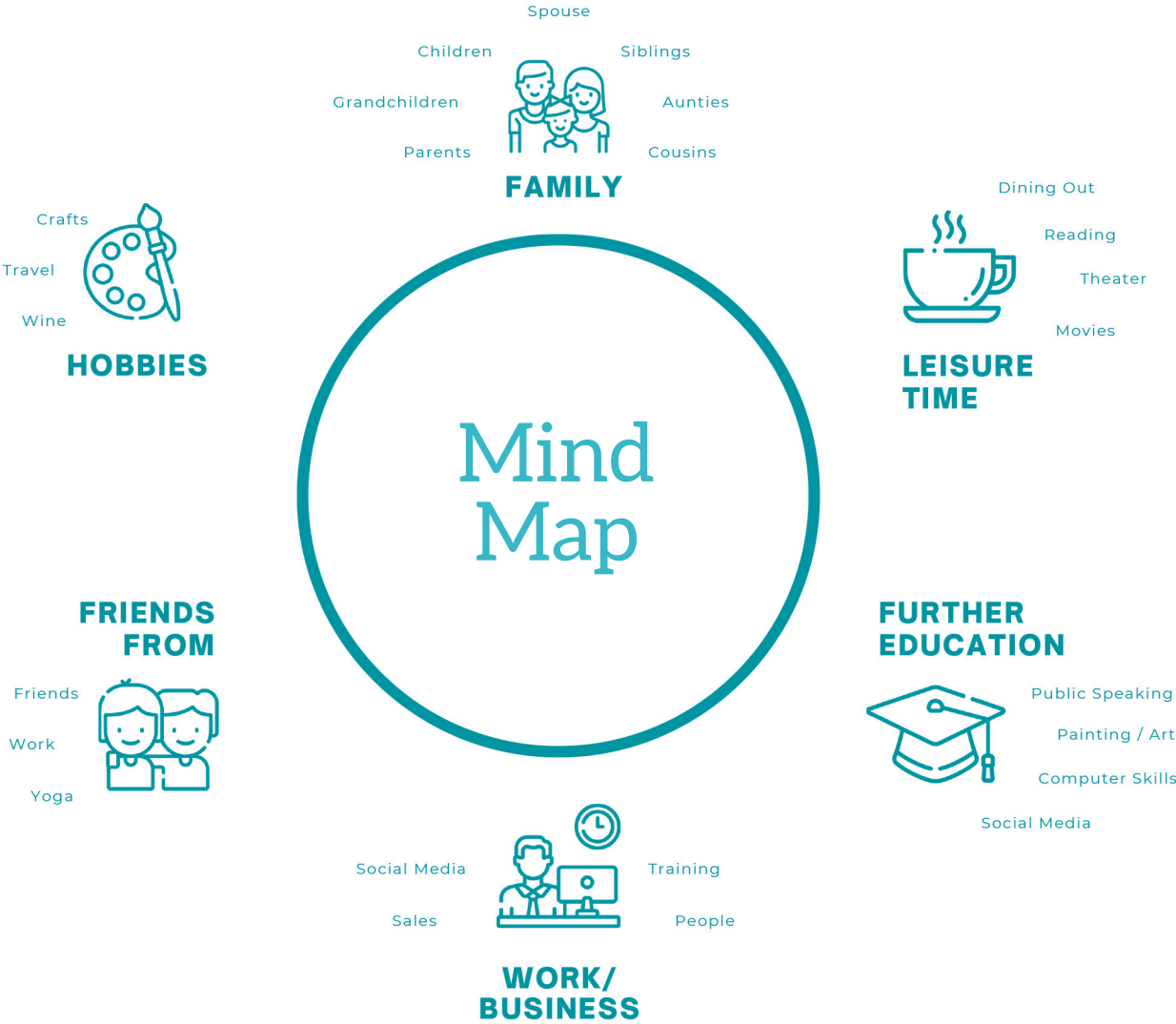
Trish Stewart
INTUITIVE CONVERSATIONS

Finding Your Magic

Mind Mapping Me

On a large piece of paper draw a circle in the centre of the page. Inside the circle write the main word or words you want to focus on. You can start with “Me” and go from there. From this circle draw lines to find out who you are, where you go and who you know. Find out about you! The idea being that you are looking at where you go and what you do.

You can extend this exercise and do a separate one for “Business,” “Income generating,” “Family,” “Hobbies,” “Interests” etc. The only thing limiting you is your imagination and willingness to extend your world.



How each aspect makes you feel, eg. family, work.

Where do you spend most of your time? Why?

What would you like to add more of or remove from your life? Why?
