

MIND MAP CREATION

Mind maps are a great way to visually be able to analyse where we are at quickly be able to evaluate where we are at on our life journey.

STEP ONE:



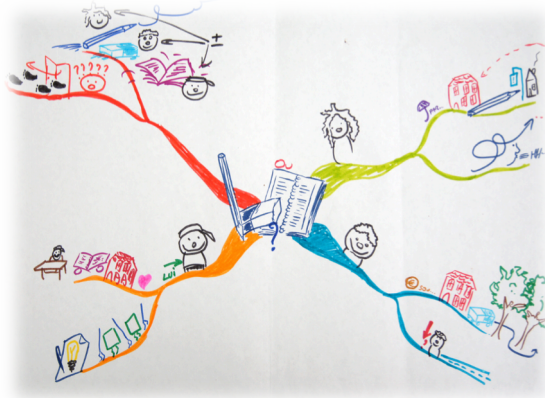
First pick a colour texta that is a positive colour for you. Pick one that means something to you. You are going to use it to draw or write things that are going well for you in your world at the moment; positive things that make you feel good.

Now select a colour that is a 'yuck' colour to you. You're going to use this texta to draw or write things that aren't going so well in your world at the moment, things that you are not enjoying, challenges, things you're struggling with or things you just feel could be improved.

4 blank pieces of paper (or 2 sheets double sided) are the next thing you will need to make your mind map.

STEP TWO:

Start with your positive feel good colour. In the centre of your page write your name or draw a drawing that represents you, using your positive coloured Texta.



Brainstorm using this mind map all the things that are going well, things that you enjoy, what you like, something that makes you feel good, something that you are looking forward to, something that helps you relax etc. It could be people, or it could be activities. It could even be parts of yourself that you are happy with and/or are proud of right now.

STEP THREE:



Once you have spent 10 minutes also brainstorming all the things that are going well in your world at the moment. Then you can change over to the 'yuck' colour Texta. Using this texta that represents challenges and things you don't enjoy, brainstorm all the things that you are finding difficult and challenging in your world right now.

STEP FOUR:

For the second mind map use the positive colour to write 'future' in the middle of the mind map or draw something that represents the future to you: it could be a crystal ball or something you are working towards.



STEP FIVE:



Now that you have looked at what you like and don't like about where aspects of your life are at and you have looked at how you would like your future to be, it is a good time to repeat step 1 to 4 around the industry/s of your choice.

One colour represents what skills and knowledge you already have or know about the industry and one colour to represent what skills and knowledge you need.

STEP SIX:

Last step of this part of the journey is to work out the order that you would need to learn or do the things you have listed. Number them from 1 for the first thing to achieve, up to the last thing in order to achieve. This then creates a base for you to plan from and build an action plan.

