LIFE COACHING CETIFICATE COURSE

MIND MAPPING

Mind mapping is an effective way to structure and represent your ideas, plans and concepts. It's a visual thinking exercise that can help you to structure the information that's already in your head (or heart).

Mind mapping will help you to better analyse your best ideas, comprehend new strategies with greater clarity, recall what you already know (or what you need to know) and help you also generate new strategies, plans and ideas. Just as in every great idea, mind mapping's power lies in its simplicity.

As opposed to traditional note taking or a linear text, mind maps allow for information to be structured in a way that resembles (to a reasonable extent) your brain structure. Since mind mapping is an activity that can be both analytical and artistic, it engages your brain in a creative and much richer way, helping in all of its cognitive functions.

MIND MAPPING YOUR 7 PRIMARY LIFE AREAS

Many therapists and psychologists understand that visualising ourselves as we want to be in the future is a crucial part of working towards becoming this person. Use the following mind map exercise (over the next seven pages) to create the 'future you' in contrast with the 'present you'.

While it's obvious that we still need to put in hard work and effort to make changes in life, mind mapping our ideal future life can act as a compass for guiding us through the hurdles and challenges we may face. Mind mapping exercises (like the one that follows) allow for a transparent comparison between where you are now in life and how things will evolve in life as you make the appropriate changes.

Warning: Completing the following mind map exercise may feel slightly disorganised if you haven't done an exercise like this before. Don't let this stop you though, just trust the process. Putting these ideas down on paper and linking them together will help tidy up any disorganised thoughts quickly! Answer the questions in each section below as honestly as possible.



PERSONAL, SOCIAL & PROFESSIONAL RELATIONSHIPS

1) Mind Map the goals you have for your personal, social and professional relationships:

How do I get what I want in How do I get what I want my social relationships? in my work relationships? What do I want in my work relationships? What do I want in my What do I want in my intimate relationships? social relationships? **PERSONAL, SOCIAL & PROFESSIONAL RELATIONSHIPS** What do I want in my family relationships?

How do I get what I want in my intimate relationships? etc.

How do I get what I want in my family relationships?



2) Mind Map the goals you have for your career, business and further education/selfimprovement:

What do I want to achieve in my career?

What do I want to study/ learn in the future?

What do I want to achieve with my business?

In what ways do I want to improve myself?

How do I achieve what I want to achieve in my business?

CAREER, BUSINESS, FURTHER EDUCATION & SELF IMPROVEMENT

Where can I access the information that I want?

How do I achieve what I want to achieve in my career?

What skills do I need to increase my value to other people? etc.



3) Mind Map the goals you have for your personal finances:

What do I want to afford in the long term?

What do I achieve with my personal finances?

Where can I learn what I need to learn about money? etc.

What do I need to learn about money?

What do I want to afford in the short term?

MONEY & PERSONAL FINANCES

How can I use the internet to generate more (or new) income?

What options do I have for generating more income?

What options do I have for generating NEW income?



4) Mind Map the goals you have for your health, recreation and leisure (downtime):

What do I want to achieve with my health?

What can I learn to achieve better life balance?

How can I achieve a better life balance?

What pastimes would I like to do more of?

What would I LOVE to do with my life before I die?

HEALTH, RECREATION & LEISURE TIME

What options do I have for improving my fitness levels?

What options do I have for doing more of the things I enjoy?

Are there places I would like to visit before I die? etc.



5) Do a Mind Map to define any goals you have for your routine responsibilities:

Do I manage my Do I regularly pay my responsibilities well? bills on time? What improvements can I make? Can my dependents actually depend on me? LIFE'S ROUTINE RESPONSIBILITIES How can I improve how I manage my routine responsibilities?

What improvements could I start making that would reduce the amount of stress in my life? etc.

Could I improve how I manage my routine responsibilities?



6) Use Mind Mapping to define the goals you have for giving back, social contribution & how you'd like to make a bigger difference in the world:

Do I make a positive difference in the world? What could I do to make more of a difference?

What am I genuinely passionate about?

Do I want to make a difference in the world?

GIVING BACK & SOCIAL CONTRIBUTION

Would helping other people be likely to fulfil me more in life?

Are there any local charities or social groups who might benefit from my support or input? etc How can I use my skills or talents to benefit others?



7) Use Mind Mapping to define the goals you have for mental, emotional and spiritual wellbeing and health:

In what ways could I grow indecisiveness?

In what ways could I develop my character?

In what ways could I grow in maturity?

In what ways could I become more consistent?

How can I further develop myself mentally?

MENTAL, EMOTIONAL & SPIRITUAL HEALTH (INNER WELLBEING)

How can I further develop myself spiritually?

Does my life set a positive example for other people? etc

How can I further develop myself emotionally?

