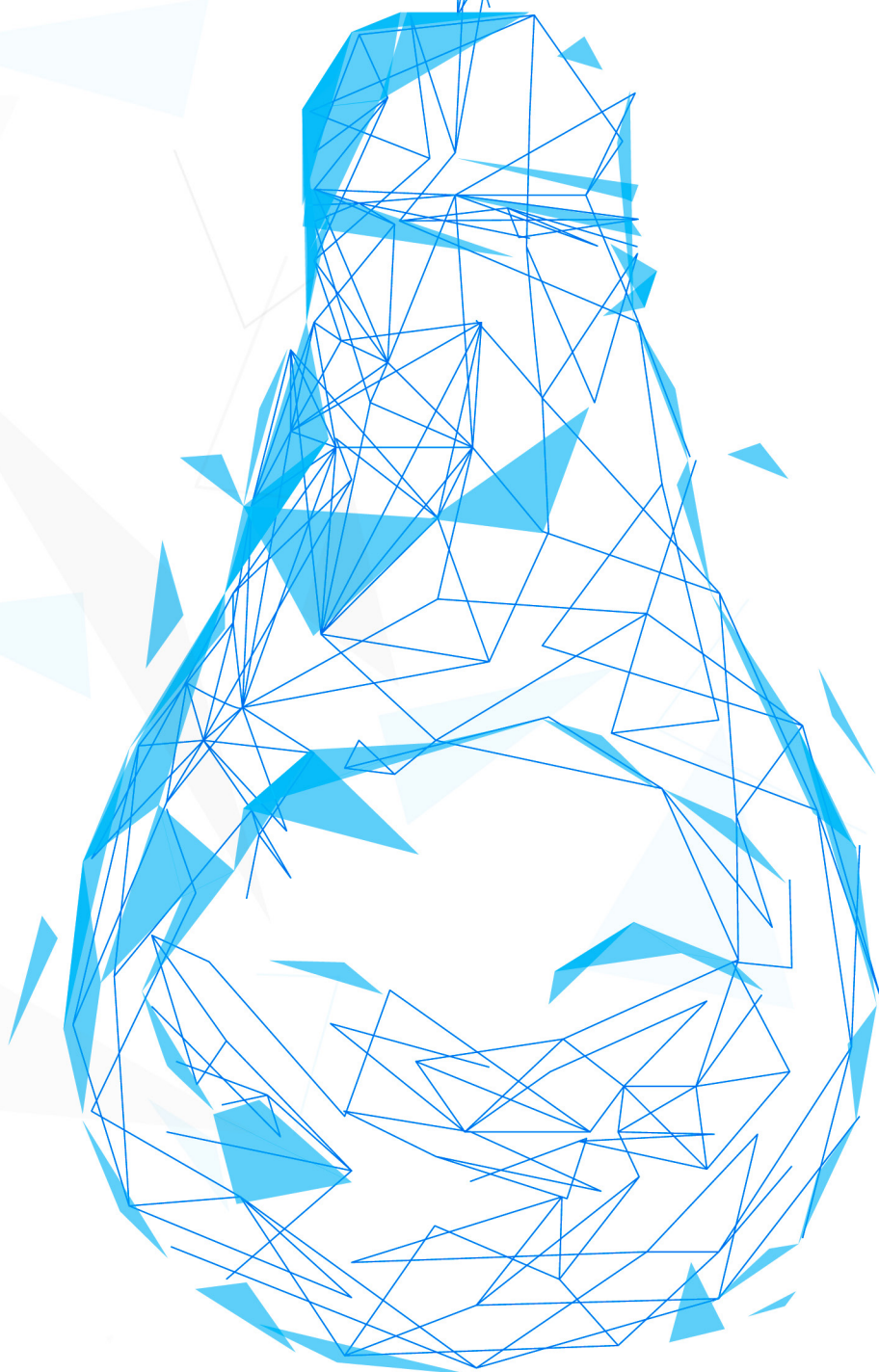


LIFE COACHING CERTIFICATE COURSE



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'.

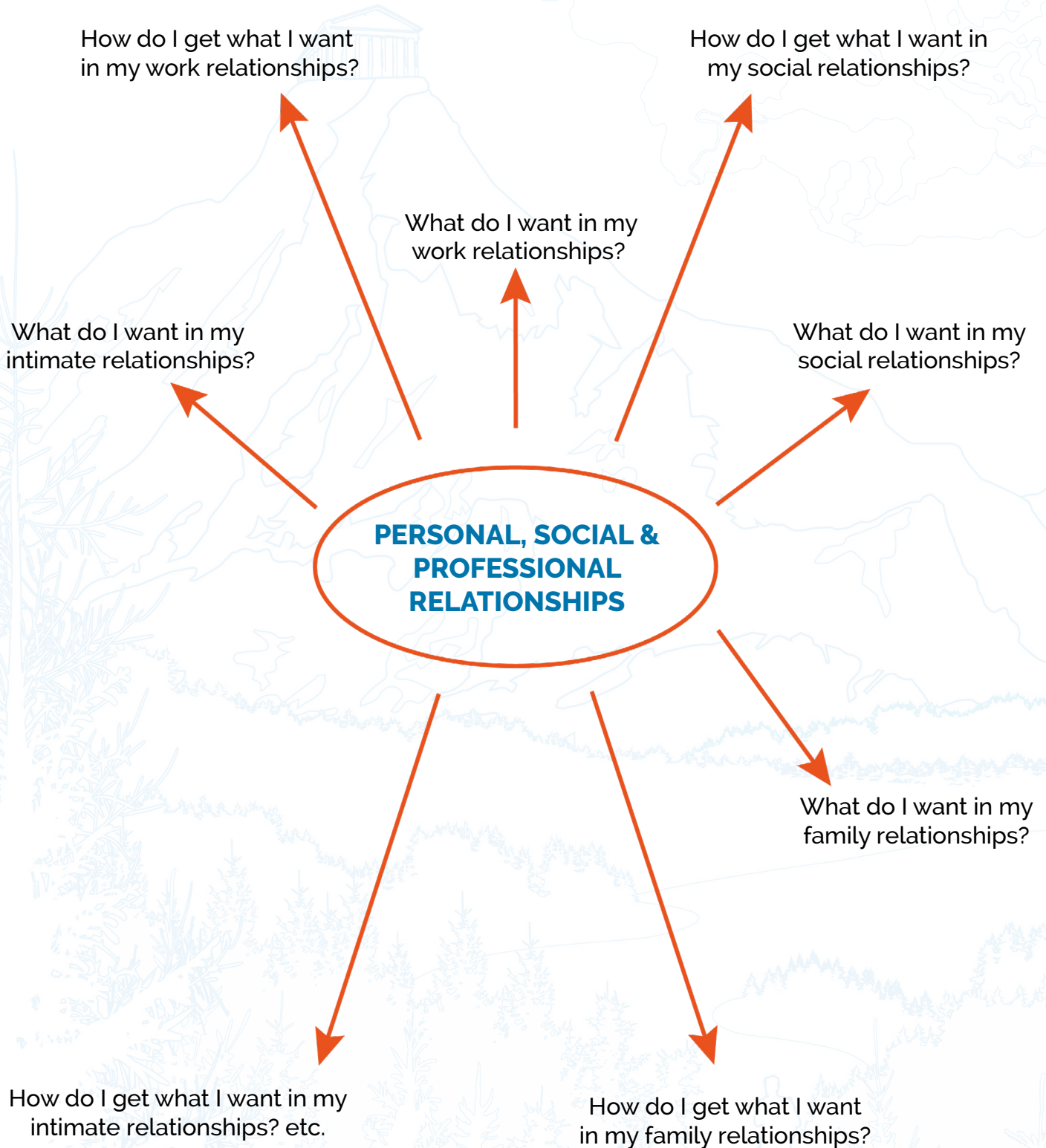
While it's obvious that we still need to put in hard work and effort to make changes in life, mind mapping our ideal future life can act as a compass for guiding us through the hurdles and challenges we may face. Mind mapping exercises (like the one that follows) allow for a transparent comparison between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



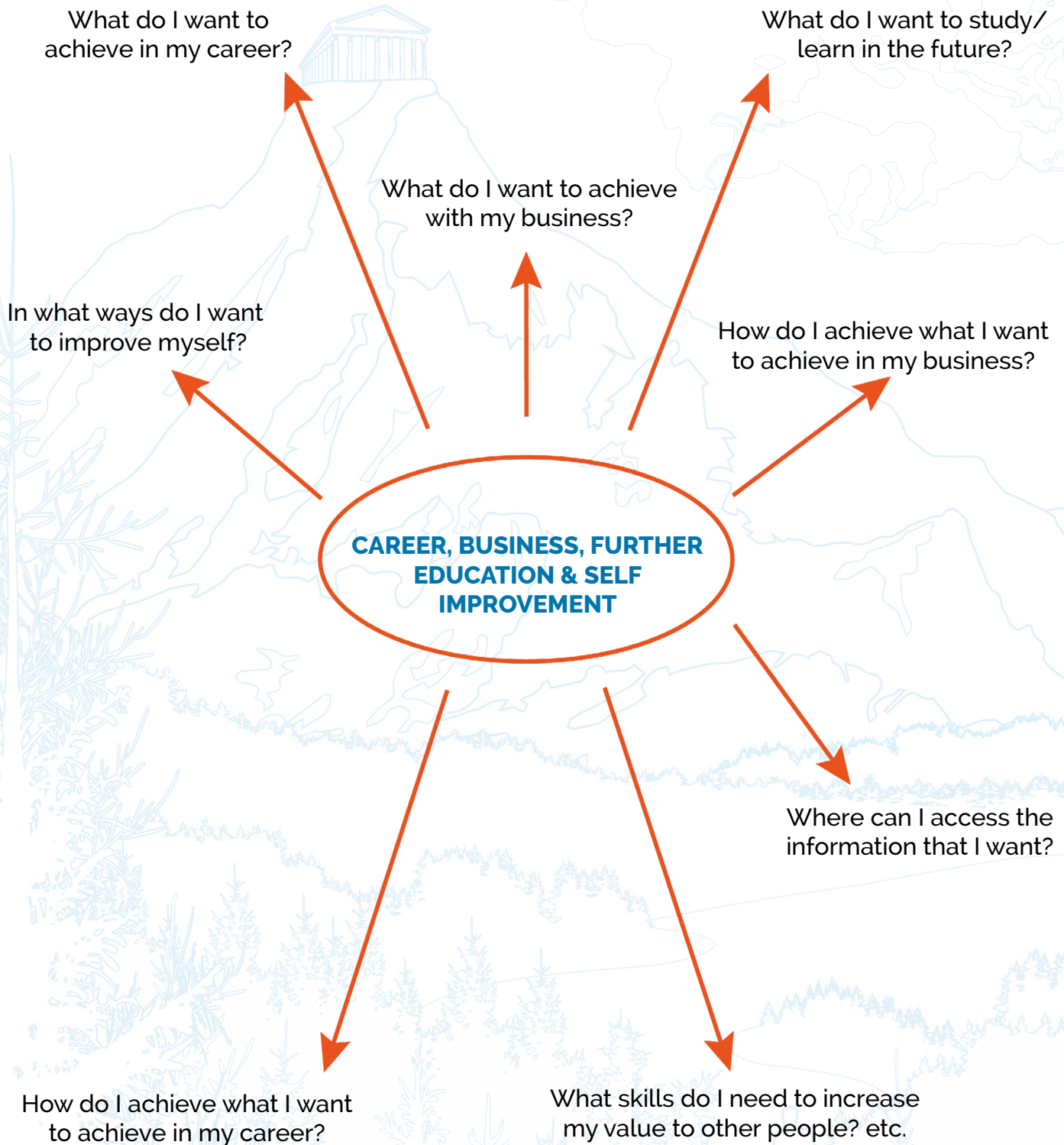
PERSONAL, SOCIAL & PROFESSIONAL RELATIONSHIPS

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

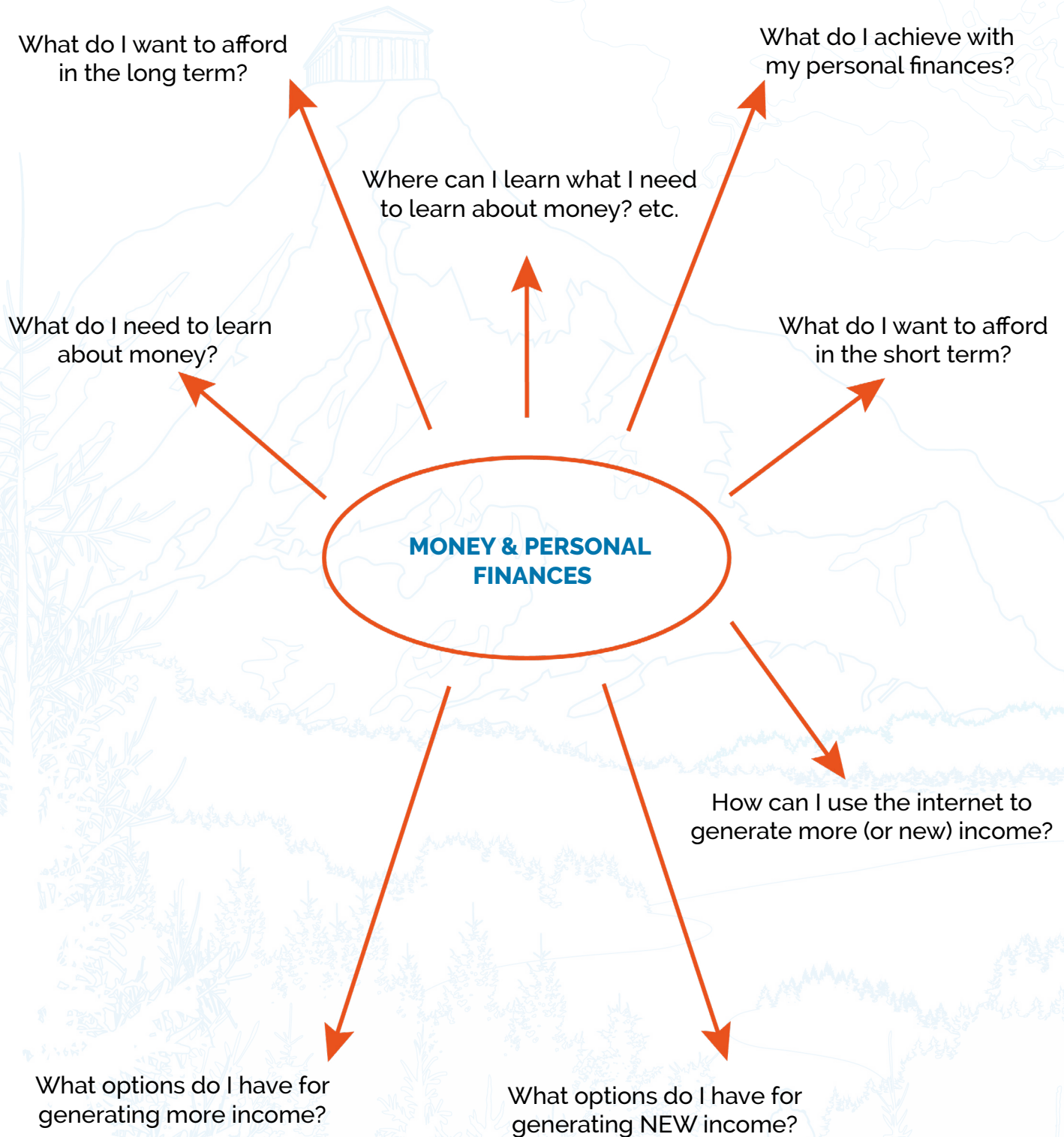


MIND MAPPING

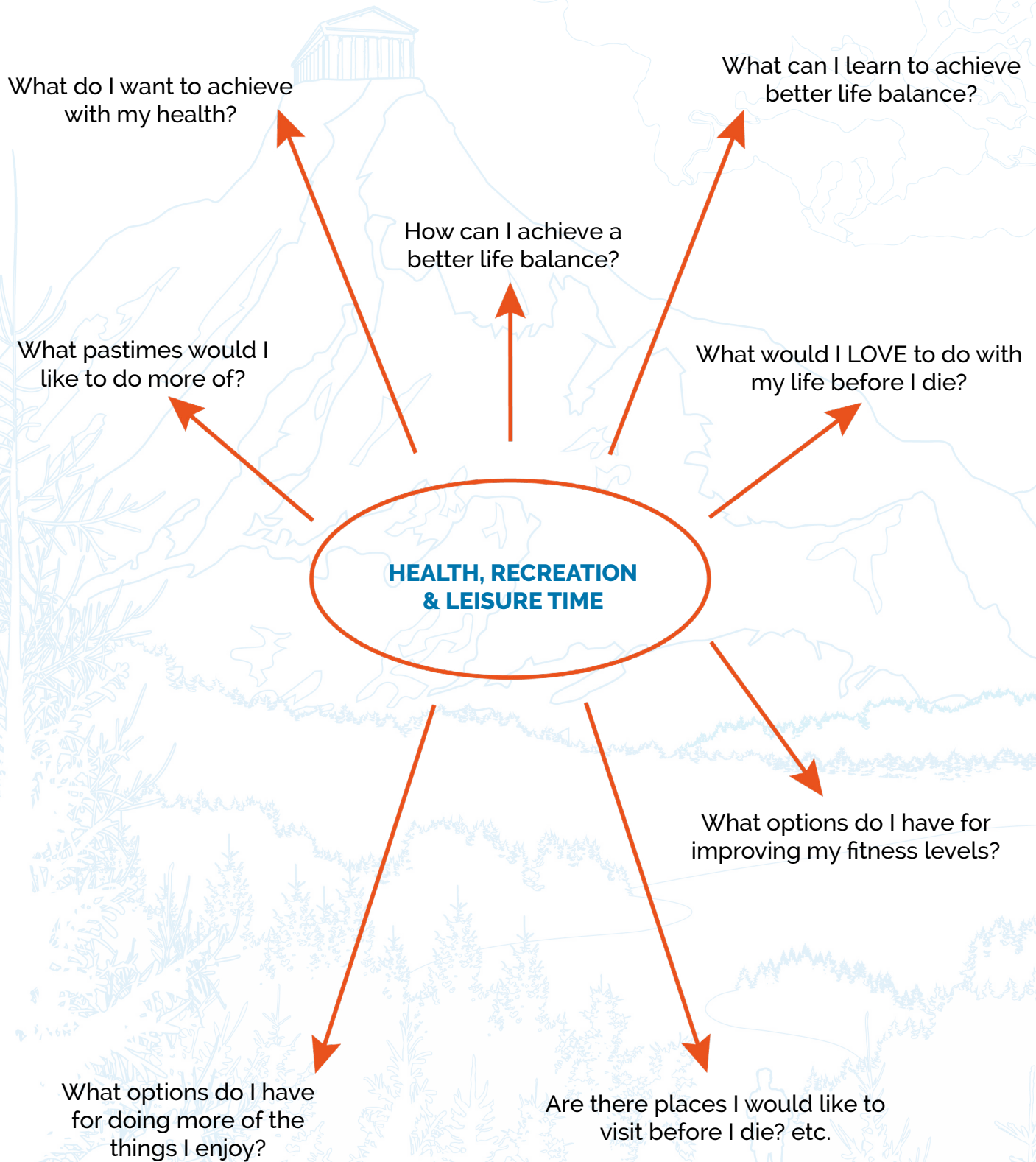
2) Mind Map the goals you have for your career, business and further education/self-improvement:



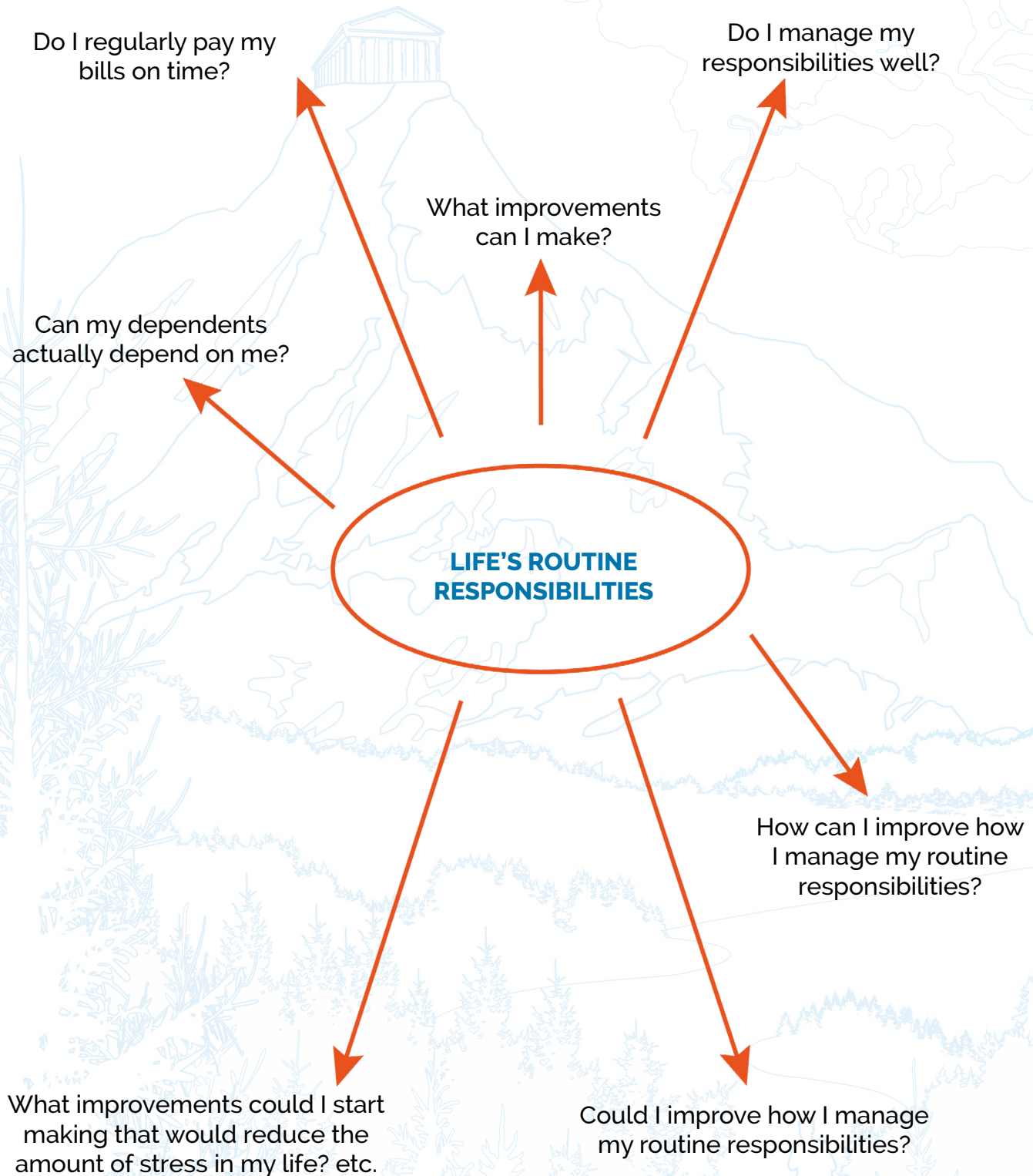
3) Mind Map the goals you have for your personal finances:



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

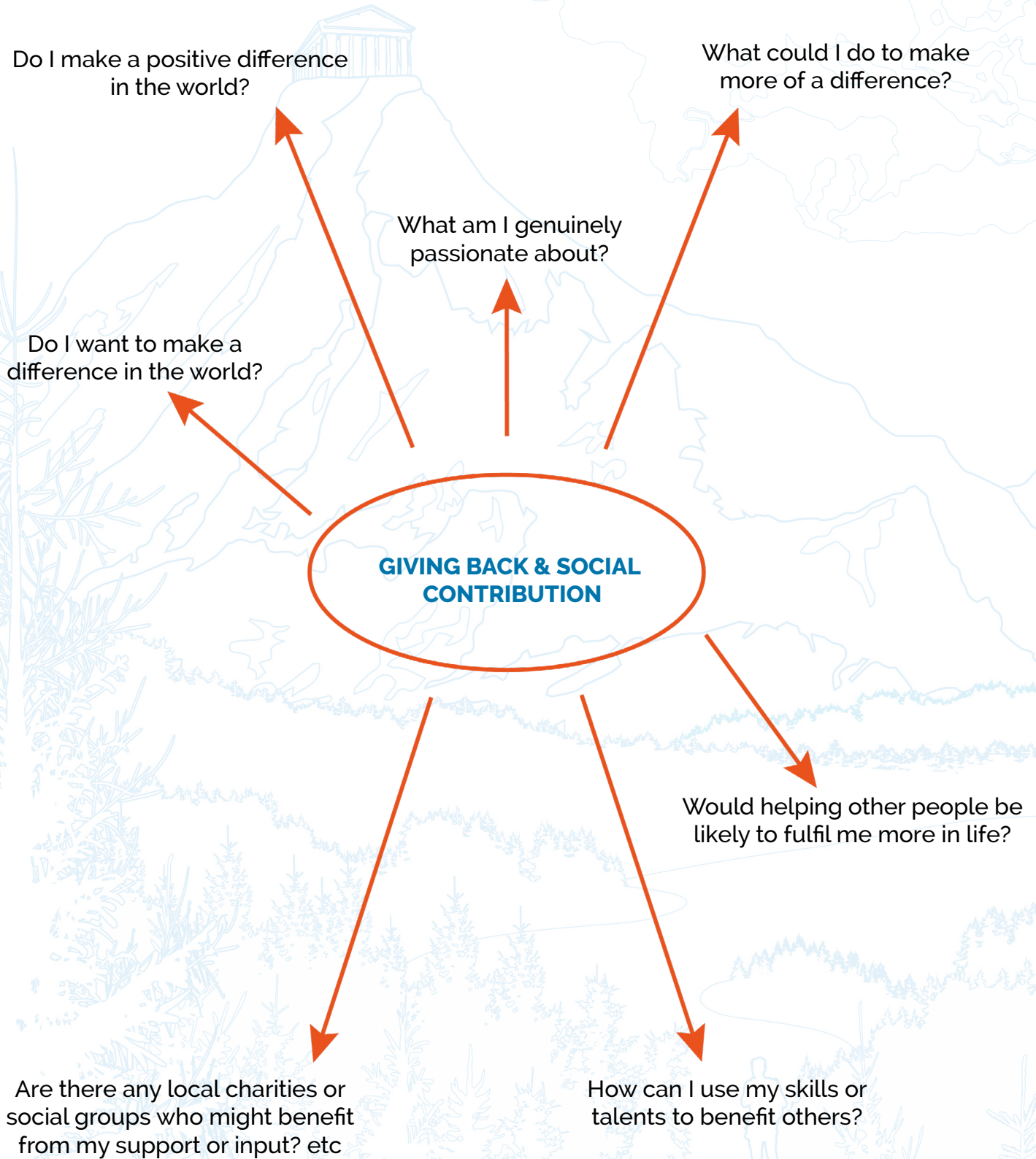


5) Do a Mind Map to define any goals you have for your routine responsibilities:



MIND MAPPING

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:



MIND MAPPING

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

