

Mind Mapping to create Intentions

Mind Mapping is a great tool to use when you want to make a change in your life and you can't see how, when you are starting a new project to see where your inspiration is leading you or even when you have a decision to make and you can't think it out. Mind Mapping is a non-logical, non-linear way to allow your creative ideas to surface. It will give you the intention you want to live your life by as well as creative steps to take to make the change. Mind Mapping unplugs us from the How-tos and gets us in touch with inspiration and imagination.

I use this process in two ways: 1) *Work from the outside in*. I use this technique when there is an upcoming project or event and I want to include all the pieces and eventually find the quality or feeling that I want to experience from the project. 2) *Work from the inside out* which means that I place a quality of life that I want to experience in the center of my paper and work from there.

Here's the basic exercise: (you will need paper and a pencil/pen)
I always ground myself before any exercise like this; allowing my self to relax and letting go of the need to "figure it out". Throughout the whole process, allow yourself to be in a free-flow, stream of consciousness kind of thinking.

Choose an area of your life that you feel needs some attention or change. This is working from the outside in. The different areas could be:

- Career
- Family relationships
- Finances
- Fun/play
- Health/Well being
- Love/Friendship
- Personal Growth/Education
- Spiritual Growth

In the center of your paper, write one word (i.e. Career) and draw a circle around it. From that circle you then draw lines or spokes (like on a wheel). Each spoke will have its own idea/word with a circle around it. Each circle leads to other ideas with their own spokes and circles until you run out of ideas.

Using Career as the seed word different spokes may look like:

Promotion, change companies, stay in same job

Each of these new circles will have more spokes. For example: Change Companies could have:

Research other companies

Create resume

Network with colleagues for recommendations

Interview, etc.

As you are writing, keep in mind questions like “what would this look like or feel like?” “What kind of changes would I need to make?” You want to uncover the feeling or experience of the central idea you started with. For Instance, changing companies would give you the feeling of:

Fun

Creativity

Opportunity for personal growth

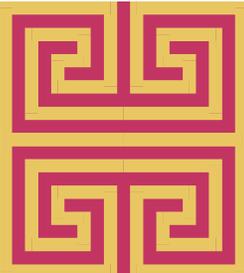
Keep mind mapping until you run out of ideas.

Working from the inside out, you would take one feeling you want to experience more of in your life such as love, happiness, creativity and do the circle and spokes until you run out of ideas.

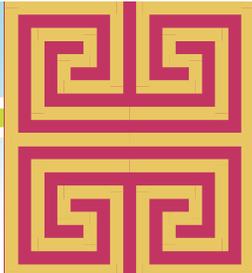
You ask questions like “what areas of my life am I already experiencing creativity?” “What does Creativity feel like/look like to me?” “What do I like to do that is creative?”

Become more consciously aware of your inner wisdom and guidance and your life will become more inspiring not only to yourself but to others.

Live Your Inspired Life!



Mind Mapping—continued



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As you are writing, keep in mind questions like “what would this look like or feel like?” “What kind of changes would I need to make?” You want to uncover the feeling or experience of the central idea you started with. For instance, changing companies would give you the feeling of:

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Creativity

Opportunity for personal growth

Keep mind mapping until you run out of ideas. Remain open and non-judgmental.

Working from the inside out, you would take one feeling you want to experience more of in your life such as love, happiness, creativity and do the circle and spokes until you run out of ideas.

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