Create Your Mind Map

Step 1: In the center, write an activity where you are in flow, and draw a circle around it.

Step 2: Write down the first five or six words that come to mind, related to the original activity.

Step 3: Repeat this process with the words in the second ring. Draw about three lines from each word and write new words. These words don’t need to be associated to the word(s) in the center of your map.

Step 4: Repeat this process until you have at least three or four rings of word associations.

Step 5: Look at the outer layer of your mind map. Pick a few themes that stand out to you, and think about how you can incorporate them in your life.