



My Mind Map

Mind and transition maps are helpful to see your life visually. They can help you identify the areas that are balanced or imbalanced and also allow you to add clarity around goals with action steps. In order to bring balance to your life it is important to do this exercise for all four body systems - mental, physical, emotional and spiritual:

1. Physical - Health and the body as well as anything on the physical level (such as finances, home, car, etc.)
2. Emotional - This is our emotions and relationships
3. Mental - This is our thought life, attitude and beliefs
4. Spiritual - This is our connection to the Lord, the world and others as well as our spiritual life

Instructions

Step 1. Get a large piece of paper

Step 2. Draw 4 circles on the paper

Write mental in one, write, physical in one, write emotional in one and write spiritual in one

Step 3. Draw 'spokes' or lines off of each circle.

Step 4. On each spoke write some action that you currently take to bring balance, wellness and whole-ness within that body system

Step 5. Take a look at the current things you do for each body system. Think of additional things you can do to bring more balance, wellness and wholeness within that body system. Also think of your specific goals in each area (example: build up a nest egg in my savings account)

Step 6. Get different color pen or pencil than the one you have been using. This color represents goals. Draw a spoke off each body system for each goal you have within that system and then write the goal on that line/spoke in the new color.

Step 8. Put up your mind map on the wall or somewhere you will see it daily. You can add pictures, shapes or any other creative visual way you want to represent the words on the spokes or leave it as is! This visual will serve as a daily reminder for you as to what intentions to set for the day and which actions you can take to lead you towards where you want to go.