



LIFE COACHING

CERTIFICATION
PROGRAMME

*Mind Mapping
Workbook*

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MIND MAPPING WORKBOOK

What is a mind map?

Mind mapping is a graphical way of representing concepts and ideas. It is a visual thinking tool that helps to structure information, helping you to analyze better, comprehend, recall, synthesize and generate new ideas. Just like every great idea, its power lies in its simplicity.

Mind maps (opposed to traditional note taking) allow you to structure your thoughts more closely to how the brain actually works. As it is an activity that is both artistic and analytical, it engages your brain in a much richer way, and, best of all, it should be enjoyable!

Benefits And Uses Of Mind Mapping

Mind mapping allows you to avoid dull, compartmentalized and linear thinking.

We can use mind maps for?

- Life Planning
- Business Planning
- Note taking
- Brainstorming (individually or in groups)
- Problem solving
- Studying and memorization
- Researching and consolidating information from multiple sources
- Jogging your creativity

Mind Maps can help clarify your thinking in pretty much anything, in many different contexts: personal, family, educational or business.

They're also useful for planning out your day, your life, planning presentations, launching a project, writing blog posts - you get the idea - they're good for anything, really!

MIND MAPPING

SOCIAL & FAMILY RELATIONSHIPS



MIND MAPPING

CAREER & EDUCATIONAL ASPIRATIONS



MIND MAPPING

MONEY & PERSONAL FINANCES



MIND MAPPING

PHYSICAL HEALTH, RECREATION & LEISURE



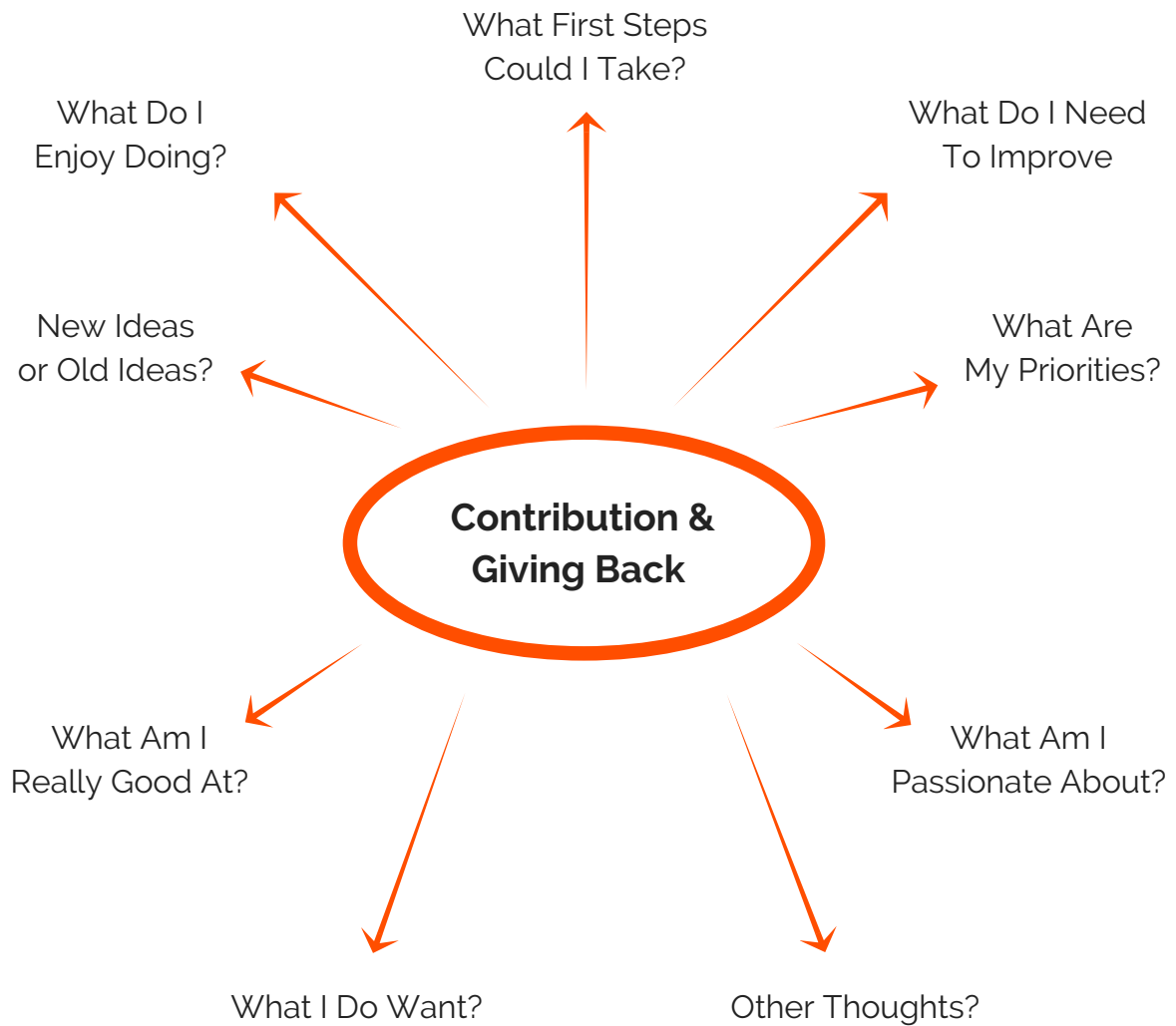
MIND MAPPING

LIFE'S ROUTINE RESPONSIBILITIES



MIND MAPPING

CONTRIBUTION & GIVING BACK



MIND MAPPING

MY CHARACTER & INNER WELLBEING

