

MIND MAPPING

Mind mapping is an excellent tool to help us come up with new ideas. To create a mind map, start with a word—the theme you are exploring—in the middle of the page. Around that word, write associated words, thoughts, questions, and concepts you want to explore further. This tool can be used alongside the *Guide* in countless ways. For example:

CONFIDENCE (Chapter 5): What are some new things you can try? How can you become more intentionally uncomfortable? What are some risks you can take?

GIFTS, TALENTS, & STRENGTHS (Chapter 6): What are some of your personal gifts, talents, and strengths?

IDENTITY (Chapter 10): Who comes to mind when you think about role models? What specific characteristics do you admire in your role models? What different roles do you hold in your own life?

Here’s an outline to get you started:

