



MIND-MAPPING

WORKSHEET

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MIND-MAPPING EXERCISE

PART I

Do you have a specific want or desire? How about a goal that you want to reach, or lifestyle you want to achieve?

Mind-Mapping is a great way to see how achievable a goal really is. It helps to break down the impossibilities by seeing your goals and actions laid out in front of you.

Creating a Mind-Map

Step 1: Establish a Measurable Goal Within A Time-Frame That Both Excites and Scares You

(If it doesn't jolt you, it's not a high enough goal.)

Step 2: Establish Seven Actions That Would Be the Most Effective, Direct Ways to Reach Your Goal

Step 3: Brainstorm Several Secondary Actions Linked to Each Primary Action and "Map Them" On Your Sheet. (Think of it like creating a spiderweb of actionable ideas towards achieving your goal!)

Step 4: Keep Mapping Out Your Action Ideas Until You're Inspired! When You're Finished, Move On to Part Two!

MIND-MAPPING Example // Goal: Book Ten New Clients in 30 Days or Less



