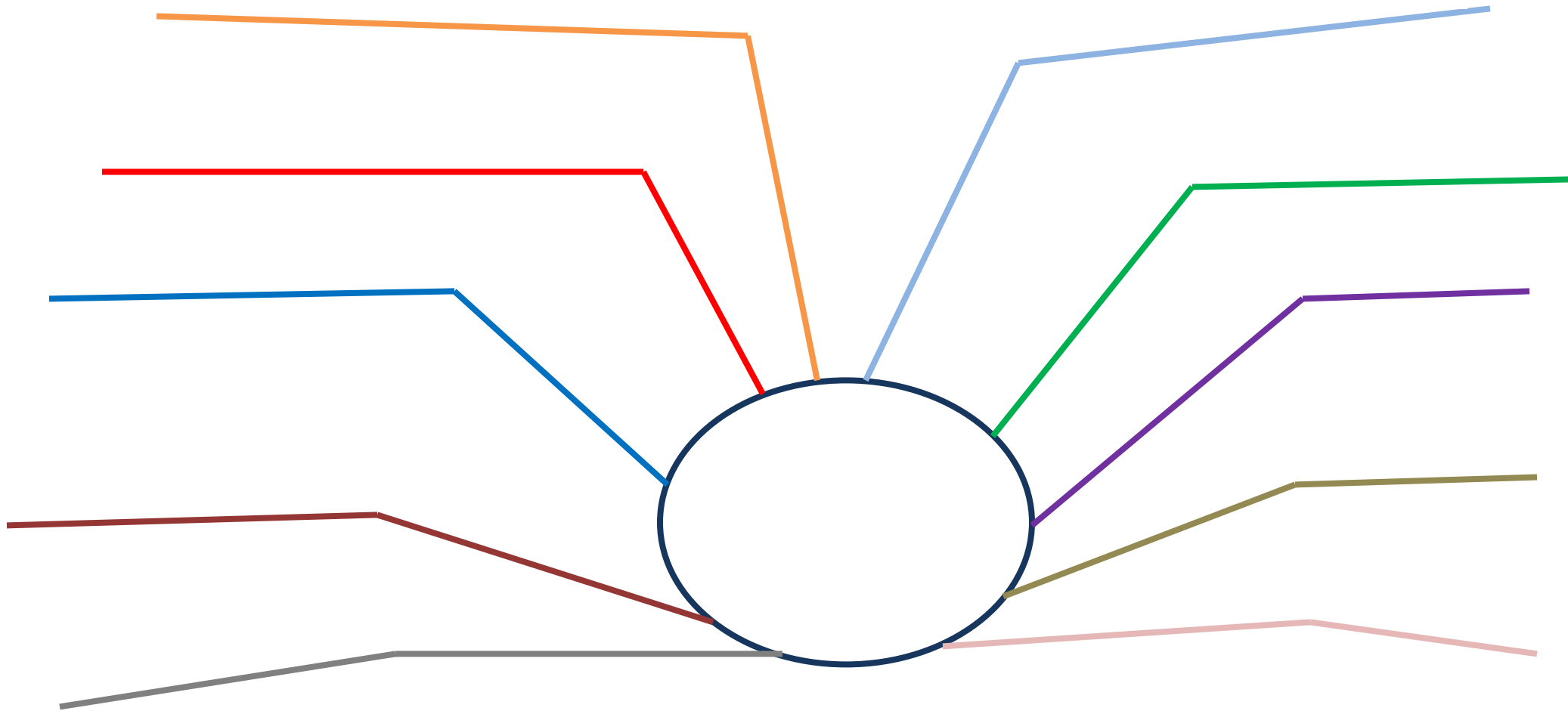


**A Mind-Map is a great way to get your thoughts about any topic, challenge, goal or project on paper.  
It's a useful, easy step in the direction of your dreams.**



**Creating a Mind-Map:** Mind-Maps are excellent brainstorming or mental and emotional block busting tools. You can print and use this one, but creating your own is even better. Please remember to use a new colored pencil/crayon for each thought and line. (You can repeat colors if necessary, just not back to back.)

Put the central theme in the center of the page; draw whatever you want around the center to make it stand out. Add radiating lines to list any and all thoughts that come to mind. Don't censor, just write on upper part of line. You may add sub-headings to the lines, but I think Mind-Mapping works best if you use a new sheet of paper to expand each major idea or concept. The bigger the paper the better! For additional worksheets select "[Resources](#)" @ [www.wishfulthinkingworks.com](http://www.wishfulthinkingworks.com)

Enjoy! [Patrice Koerper](#), 3/2011