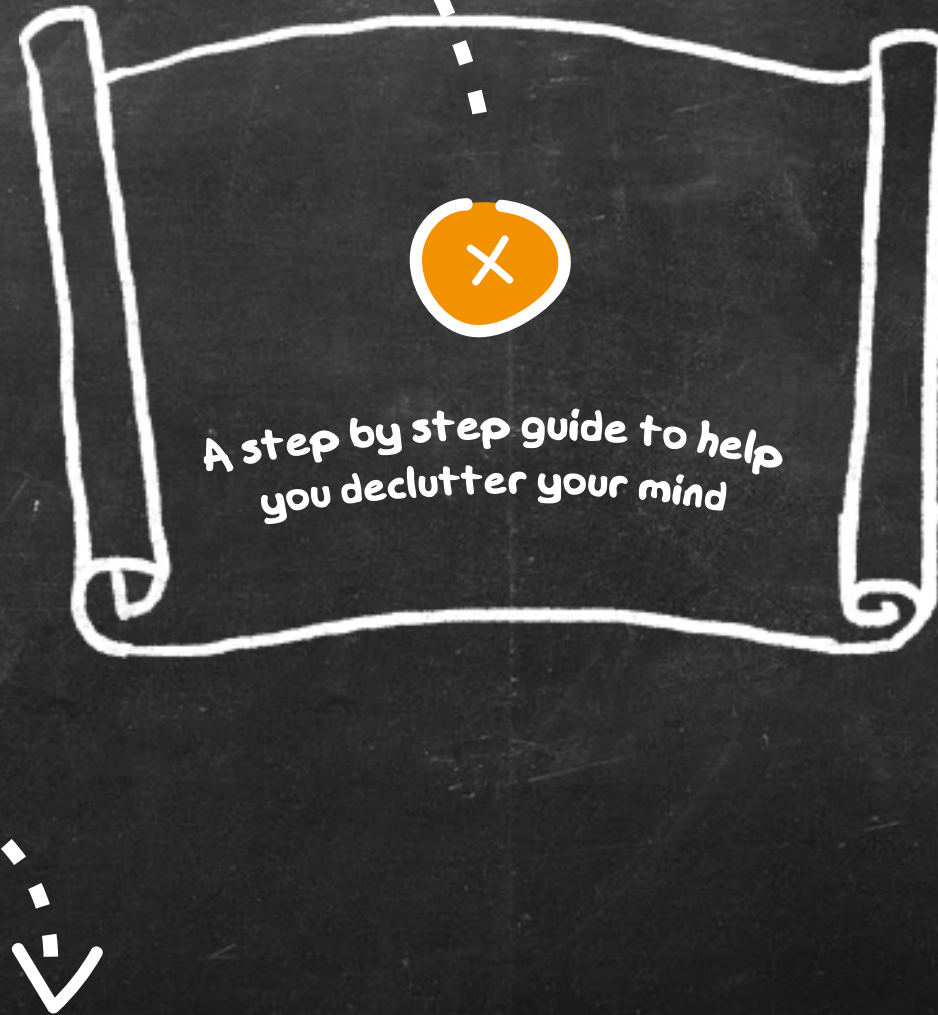


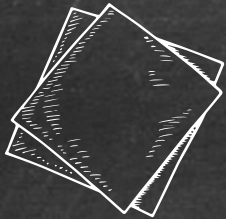


THE MIND MAP GUIDE





1 Step One



Find a blank canvas



2 Step two



Draw a circle in the middle of the canvas,
and write the word you in it.



3 Step three



Add another 3 - 4 circles
around 'you' to build your world

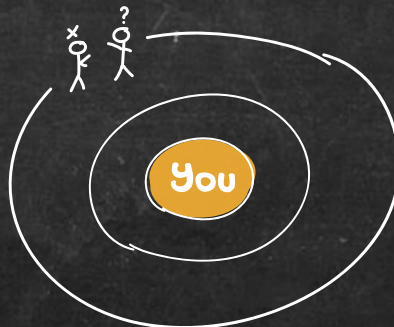
4 Step four



Mark a spot on your circle
to represent an issue or thought
that you want to readdress and
remove from your mind



5 Step five



Sketch out that issue/thought
in the way you experience it

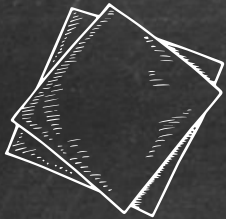


6 Step Six



Fill in the rest of your world

1 Step One



Find a blank canvas



2 Step Two



Draw a circle in the middle of the canvas, and write the word you in it.



3 Step Three



Add another 3 - 4 circles around 'you' to build your world

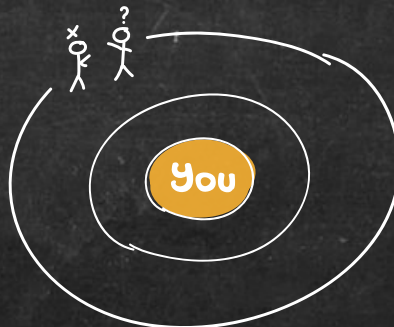
4 Step Four



Mark a spot on your circle to represent an issue or thought that you want to readdress and remove from your mind



5 Step Five



Sketch out that issue/thought in the way you experience it



6 Step Six



Fill in the rest of your world



Ask yourself...

- ! How does this make me feel?
- ! How can I give it a positive reason
- ! Give a different perspective...ie. He wasn't laughing.
- ! Make sure the perspective has a positive impact on **you**.
- ! Keep asking yourself how can I see this in a different way
- ! Once you've found it, Write down your interpretation.
- ! BELIEVE IT !
- ! Move on to the next moment in time **you** want to readdress.