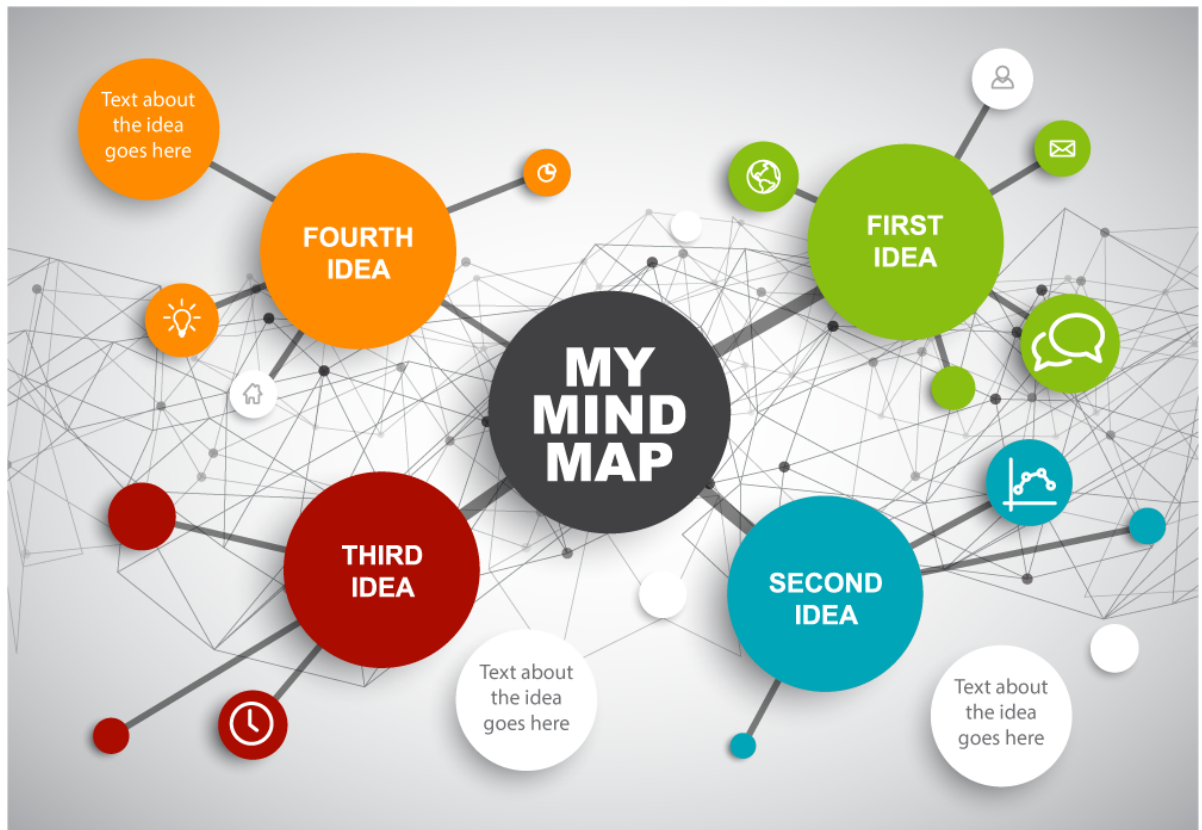


Week 42: Mind Mapping



Why I love this!

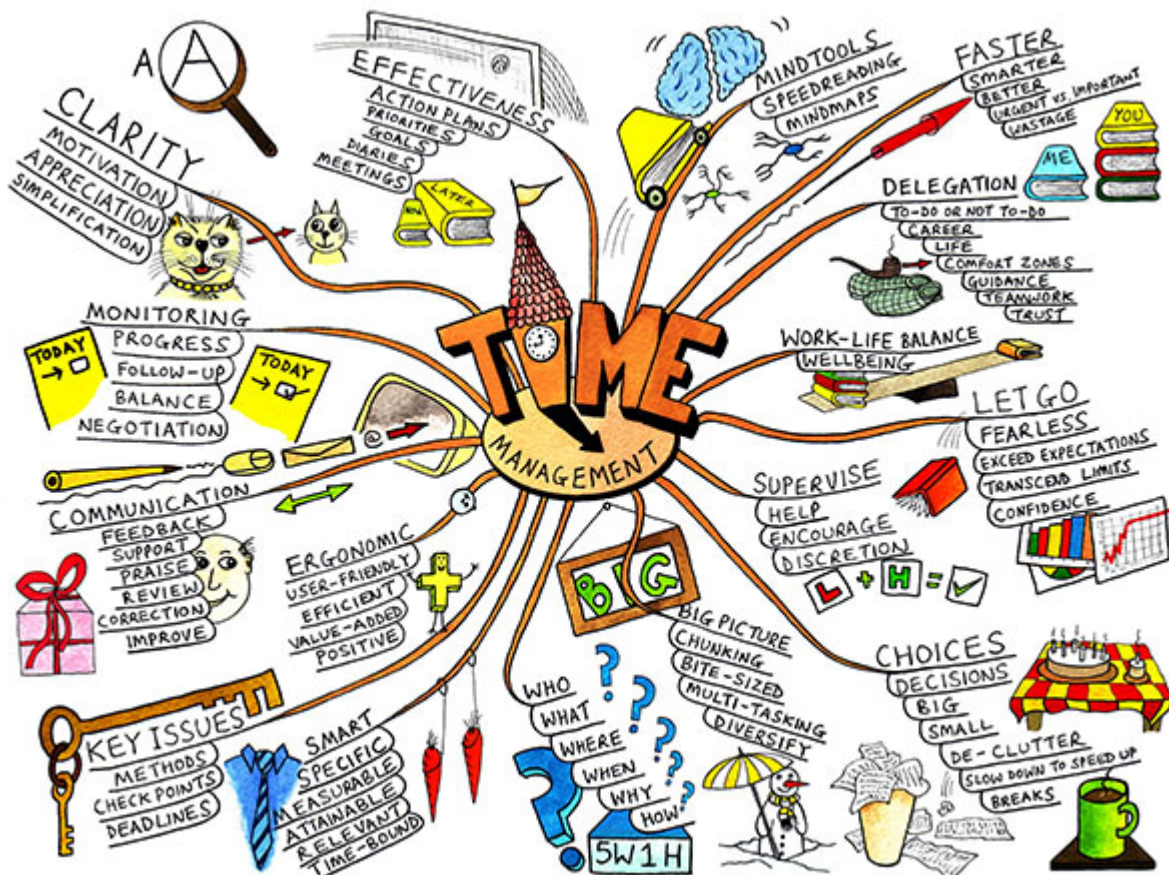
I first learned about Mind-Mapping fifteen years ago from a magazine article I read on journaling ideas. What intrigued me the most was instead of having a list of things to do, ideas, goals, etc. you had a *visual* of everything. And the more I wrote in my Mind Map the more ideas just flowed out of me!

Here is a WONDERFUL article on [Mind-Mapping](#).

Our lesson this week is to create a Mind Map of Ideas. Your topic can be anything! Whether it's a list of what you want to

accomplish in 2019 to your creative endeavors...try your hand at this highly effective journaling technique!

Here are more creative ideas for your Mind Map...



Everything's

gonna get lighter, even if it never gets better.



