

Make Visual Mapping a Habit

A Month of Activities

M T W T F S S

1 Buy coloured markers or pencils; get some large plain paper.

2 Try drawing two different central images that express you; use three colors.

3 Add branches that express your roles -- at least six.

4 Add more levels of branches to as many of the main branches as you can.

5 Add drawings and doodles to your map.

6 Look at the connections. Draw arrows between points that relate.

7 Take a break; or start another map.

8 Map a to-do list of all the things you have to do this week; plan to look at it often.

9 Map the points of an important phone call you have to make.

10 Map an article in a magazine or a report that you have to read.

11 Map the TV News.

12 Map a grocery shopping list.

13 Map the weekend activities; share the jobs.

14 Map what really matters to you.

15 Map six things you'd like to improve and how you will do it.

16 Map the main topics of a report you have to write.

17 Map the minutes of a meeting.

18 Map an agenda for the next meeting.

19 Map a topic you need to research; find the key words.

20 Map a holiday plan; consult others who will be going along.

21 Map the kind of world you want for your family.

22 Map a to-do list using only pictures or symbols.

23 Map a chapter of a book you need to read.

24 Try to recreate the map you drew yesterday.

25 Recreate the map once again. Now you know it!

26 Map seven topics that you would like to know more about.

27 Visit the library; add three books for each topic to your visual map.

28 Teach someone how to make a visual map.

29 Map six key elements of your marketing plan or personal goals.

30 Map six key areas where you can contribute.

31 Map what you have learned in the last thirty days.