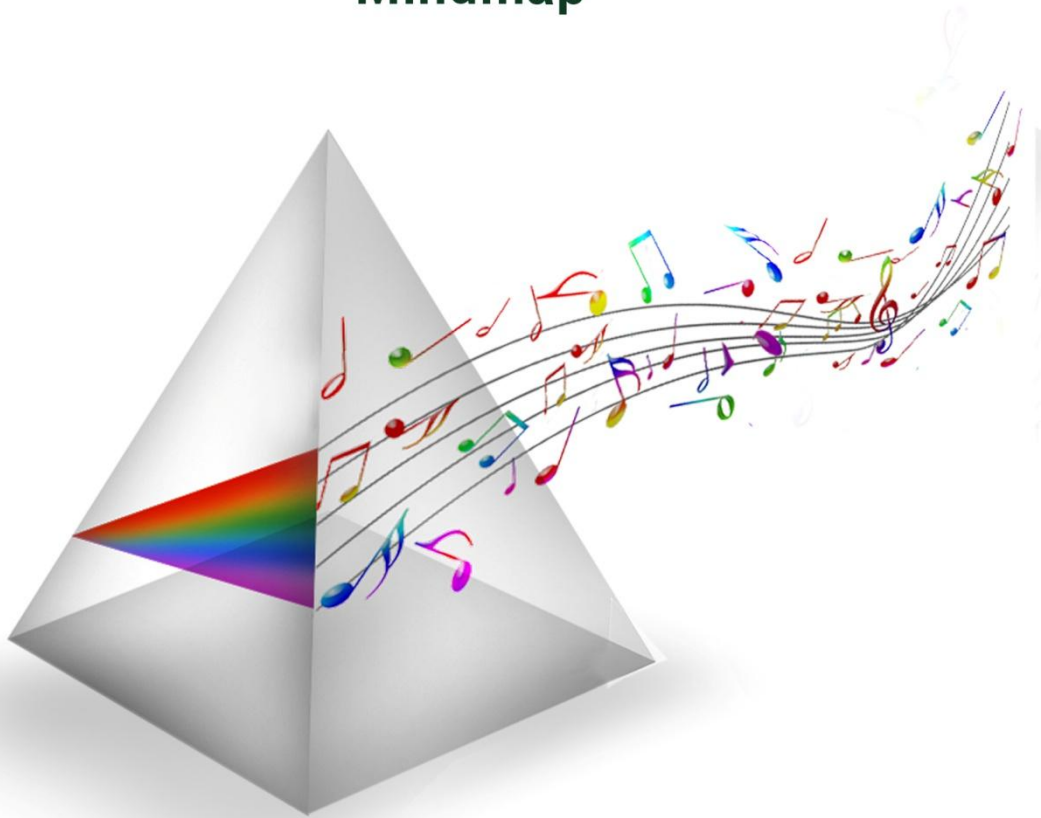


The Music Inside

FREE

Mindmap



Jenny Clift

Welcome!

Thank you SO much for downloading this resource. I really hope you find it useful. I have created it especially for your personal use, so please only print one copy. Please do not make photocopies of your copy and distribute them yourself.

If you feel inspired to, please share "The Music Inside" with your friends, so they can get their own copy and enjoy and benefit from these free resources as well. ☺ Here's the Amazon link that you can use: <http://amzn.to/1PNFak8>

(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website www.jennyclift.com .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

Jenny



Mindmap.

Brainstorming one year goals using a mindmap.

(Refer back to Part 3, chapter 4 of ‘The Music Inside’ for an example of a goal-setting mindmap.)

Step 1.

Take a blank piece of paper, at least A4 size, have paper and sellotape handy in case it needs to grow.

Set a timer for fifteen minutes. Stick with your map for the whole time.

Step 2.

In the center of the paper write ‘**MY 3 YEAR GOALS**’ and draw a circle round the words.



Now start drawing lines off the circle as ideas start occurring to you.

Stay with this for the whole time and, when the alarm rings you can stop or continue if you still have more to write.

Use the resulting mindmap, with its different categories and areas, as a basis for creating your One Year Plan.

**MY 3 YEAR
GOALS**