

# Design Your Life

## MIND MAP

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### SET UP

Get a large sheet of paper that you can draw/write on. You can use pen, pencil, markers – whatever you feel most comfortable with. The goal of this process is to get out of the conscious mind and tap into your unconscious space.

Take a couple of moments and reflect on the last few weeks. Make a list of five things you've done that you really enjoyed. This could be anything!

Pick one activity from your list that gave you high energy, high engagement or flow. This is what you will use for the base of your mind map.

Write two or three words in the center of your paper to represent the activity and circle them. Now you are ready to start mind mapping!

This activity should take about 3-5 minutes. It is important to not give yourself too much time to avoid overthinking. Try setting a timer for 90 seconds at a time.

### CREATE YOUR MIND MAP

Take a few moments to free associate with words you wrote in the center of your map. What are the first words that come to mind? Write them in a circle around your original phrase.

Once you're done, repeat the free association period, this time using the words from the second circle. Write multiple new words for each word if possible. You should be starting to fill the page. Repeat this one more time so that you have four circles of words.

Now that you have your words, go through your mind map and circle three words from your outer (third and fourth) circles that stand out to you. Use these words to create a job title or description for yourself.

### STEP-BY-STEP SUMMARY

1. Identify one recent event or experience when you experienced flow, high engagement or high energy.
2. In a few words, summarize that experience and write it the center of a piece of paper. Circle it.
3. Set a timer for 90 seconds. After you press start, free associate all the words that come to your mind when you see the words on the center of your page. Do not overthink it or censor yourself. Even if it's silly, write it down. There are no right or wrong ways to do this.

4. After 90 seconds are up, repeat step 3 but this time using your second-tier words. Once you're done, repeat it a third time. You will have four circles total.
5. Look over your outermost ring and circle three words that stand out to you.
6. Use these words to come up with a job title/role for yourself. Take a moment to write/sketch out from a very high-level view.
7. Take pictures of your Mind Map and connect with a career advisor to identify your next steps.

*Adapted from Designing Your Life by Burnett & Evans (2016)*

