

Mind Map Layout Worksheet

Use this worksheet to visually organize a major theme in your life. In the center of a blank page, write your core theme (e.g., 'Second Half of 2025'). From there, branch out into the categories below. Let your ideas flow freely—this exercise is about clarity, not perfection.

Core Theme: _____

Suggested Branches (draw lines from your core theme):

- Values
- Desires
- Projects
- Fears
- Resources
- Symbols

Use the space below (or a blank sheet) to outline your mind map ideas.

[illegible]

Example Insight:

When mind mapping 'Second Half of 2025', you might realize your desire for more creativity is deeply tied to a fear of failure. This fear could be connected to a current work project, giving you clear insight on where to focus your attention and healing.