

2020

# MIND MAP IT



# 02

## COACHING PROGRAM

Mind-Map It //

Do you want change in your life, but don't know where to start? Do you have half a plan for a big future, but no idea how to get there? The 'Mind-Map It' Personal Coaching Program is a great way to begin!

## NEW BEGINNINGS

**What would you like to have clarity on by the end of the 12 sessions on the 'Mind-Map It' Personal Coaching program?**

**+ Good to know!**

This question corresponds with the questions on the introduction on the Change Champion Course.

# 03

## HOW IT ALL WORKS?

### How it all works?

Use this e-book as a reference on the 'Mind-Map It' Personal Coaching Program. You can go back to the questions again, and again. For example, answer the questions every 3 to 6 months to fine-tune your plans and to check whether you're on track to reaching the goal you've set out to achieve.

### Approach

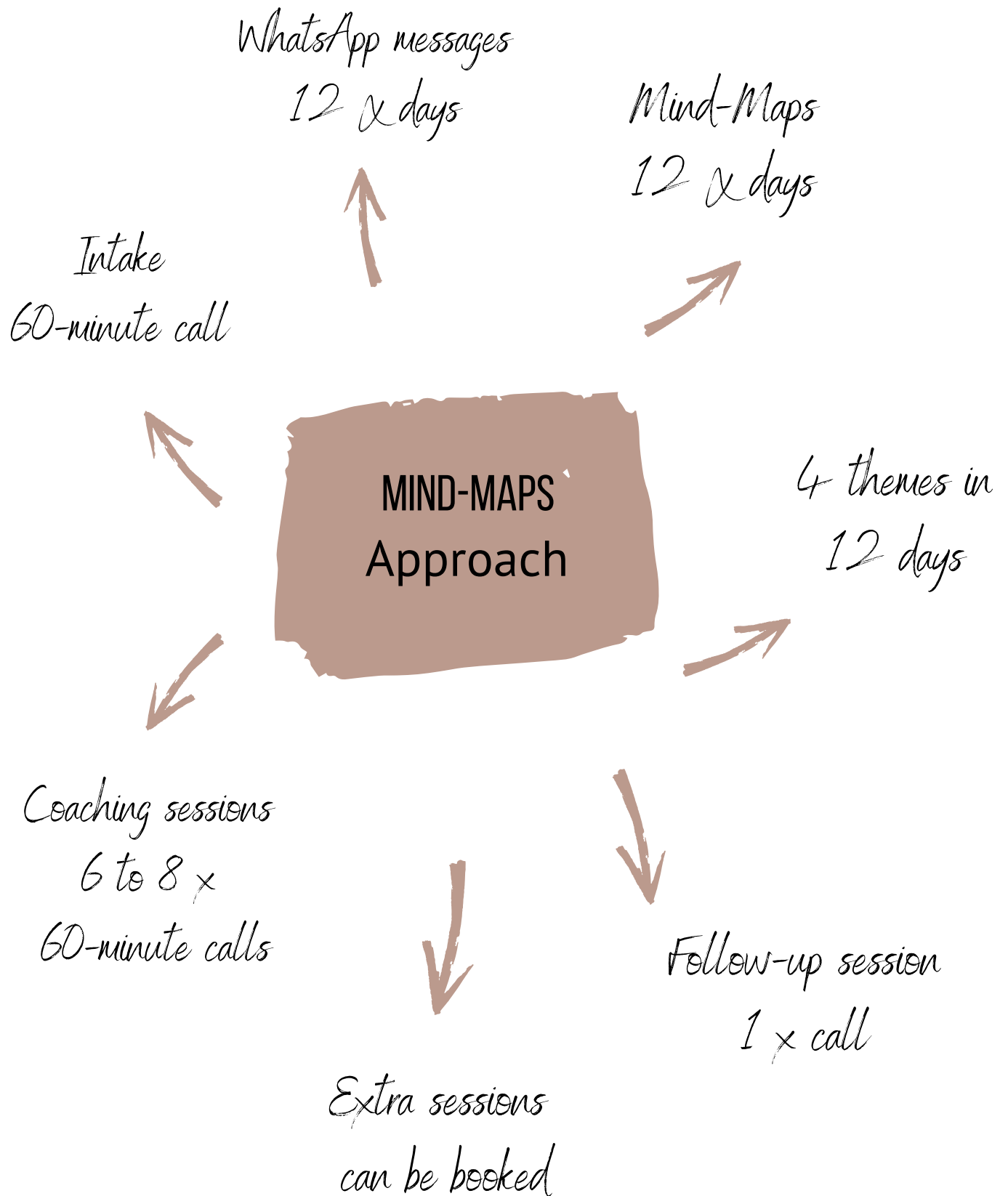
- + 4 main themes
- + 12 days
- + 1 mind-map per day
- + 1 BIG mind-map on day #12
- + 1 follow-up session

### Themes

1. Who am I?
2. What do I truly want?
3. What's stopping me? And how am I going to deal with it?
4. What's my approach going to be?

**TIP:** To answer all of the questions, you can make a mind-map per question, or one mind-map per day. At the end of the 12 days, you will summarize these mind-maps into one BIG mind-map to get a clear overview of the process you've decided to take yourself on.

# 04



# 05

## MIND-MAPS

**Mind-Maps are pages full of answers to a theme and you could say it looks like the galaxy.** When you start putting your answers down on paper, like clouds of stars around a central topic, you will get a clear view of everything that's related to it.

It's almost like looking at the sky. Some 'answers' are like big and bright stars and others are faint and distant. However, the mind-map can be seen as a road map. Just one glance at this map will allow you to see your story clearly.

### **Handy!**

To guide you here, the e-book has example mind-maps that you could use on each particular day. It's merely a suggestion. You will first get a page with all of the questions for that day and then the next page shows you the mind-map for that same day. Feel free to adjust it and do it your own way!

**TIP:** There're no wrong or right questions and/or answers and please don't hold back when writing things down. Nobody else is reading it apart from you. And during the course, keep your answers private and don't talk about it with anyone else but me, Marianne until you're on track. This way you allow yourself a safe space to explore your options.

# 06

## ONE IMPORTANT THING!

**You don't have to make a plan on how to live the rest of your life purposely.** Think short-term first!

When you answer all of the questions in this e-book, you're checking where you came from, you will see where you're now, and you will decide on where you're heading. This way your mind-maps become like a road map.

You don't have to + can't take all the roads ahead of you at once. Decide on one BIG goal and divide it into smaller steps that you can take and then even smaller steps. Then take that FIRST step. Planning is good, but consistent action is more important

Enjoy it!