

Using a Mind Map to Organize Your Life

When you're feeling unorganized, overwhelmed or have too many thoughts floating around in your head, using a mind map is a great tool to turn to. I typically use one at the beginning of each week to make sure I'm covering different areas of my life. This helps to ensure I stay balanced since it's so easy to get out of balance, don't you agree?

Here's an example of one of my recent mind maps:

