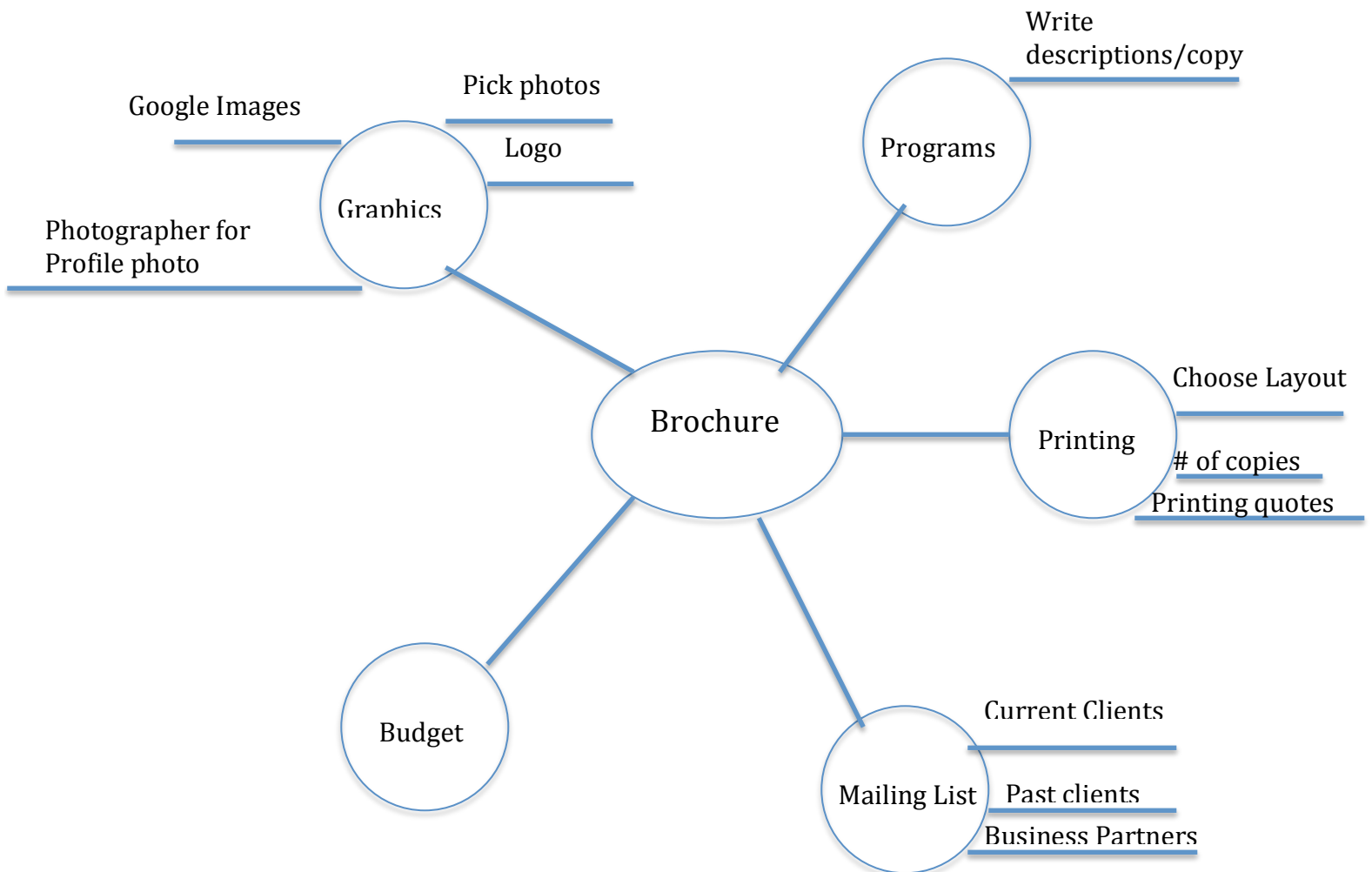


MIND MAPPING

- Draw a circle in the middle of the page and write your goal/topic in the circle
- Outside circles: Next, divide the goal into the major categories of tasks you'll need to accomplish to achieve the greater goal.
- Spokes: Then draw spokes radiating from each mini-circle and label each one. On a separate line connected to the minicircle, write every single step you'll need to take.



To learn more about how these Simple Solutions can help you or a caregiver you know, contact Lorna at Lorna@LornaMScott.com or (403) 548-8437

CAREGIVER MASTERY
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MY MIND MAP

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