

# THE MAP

- ☑ Take a blank sheet of paper. In the centre of it draw an image that represents You
- ☑ Draw at least four thick organic looking branches radiating outwards from the image of You. These are your key influencers. They can be important people in your life, activities (hobbies, work, etc.), nature, your health and lifestyle activities like travel, etc. You can use different colours for different branches.
- ☑ Add a second and a third level of connections by exploring why and how they influence you. Feel free to branch out further. Associate freely, don't try to finish one branch before moving on to the other.

