

Mind-Mapping Starter Kit

*A simple tool to get all those thoughts
out of your head and onto paper where
they finally make sense.*



What is Mind Mapping?

(aka The Tool That Helped My Brain Calm Down for 5 Minutes)

Mind mapping is a simple way to get everything out of your head and onto paper - so you can actually see what you're working with.

Instead of a long list, you start with one main idea in the center - then branch out into related thoughts, tasks, fears, hopes, questions - all of it. Each branch gets smaller branches as you explore deeper.

No right or wrong answers.

No perfection required.

And absolutely **zero artistic skill needed.**

Mind mapping helps you see patterns, connections, possibilities - and the next steps that get lost when everything just keeps spinning around in your head.

And when things get messy - good. Messy usually means truth is finally coming up. Write until something feels true - that's where the clarity always starts.

How Mind Mapping Helped Me Get Clear

(and Why I Knew It Could Help You Too)

I first discovered mind mapping while I was researching how to write a book. I thought it was just a clever way to organize chapters and ideas - nothing deep or life-changing.

My book idea was living in 827 different places in my head, and seeing it on paper finally made everything click. I could see the structure, the themes, and where the story wanted to go.

And that's when it hit me:

If mind mapping could help me get clear on something as big and scattered as a book, it could absolutely help other women get clear on something just as big and scattered - **their next chapter in life.**

I didn't use mind mapping to figure out my dreams - I already knew I wanted to write, create, and eventually coach through Exceptional Grace. But mind mapping showed me how powerful it is to see *your thoughts laid out in front of you.*

It makes decisions feel less impossible.

It makes dreams feel less scary.

And it makes the next step actually doable.

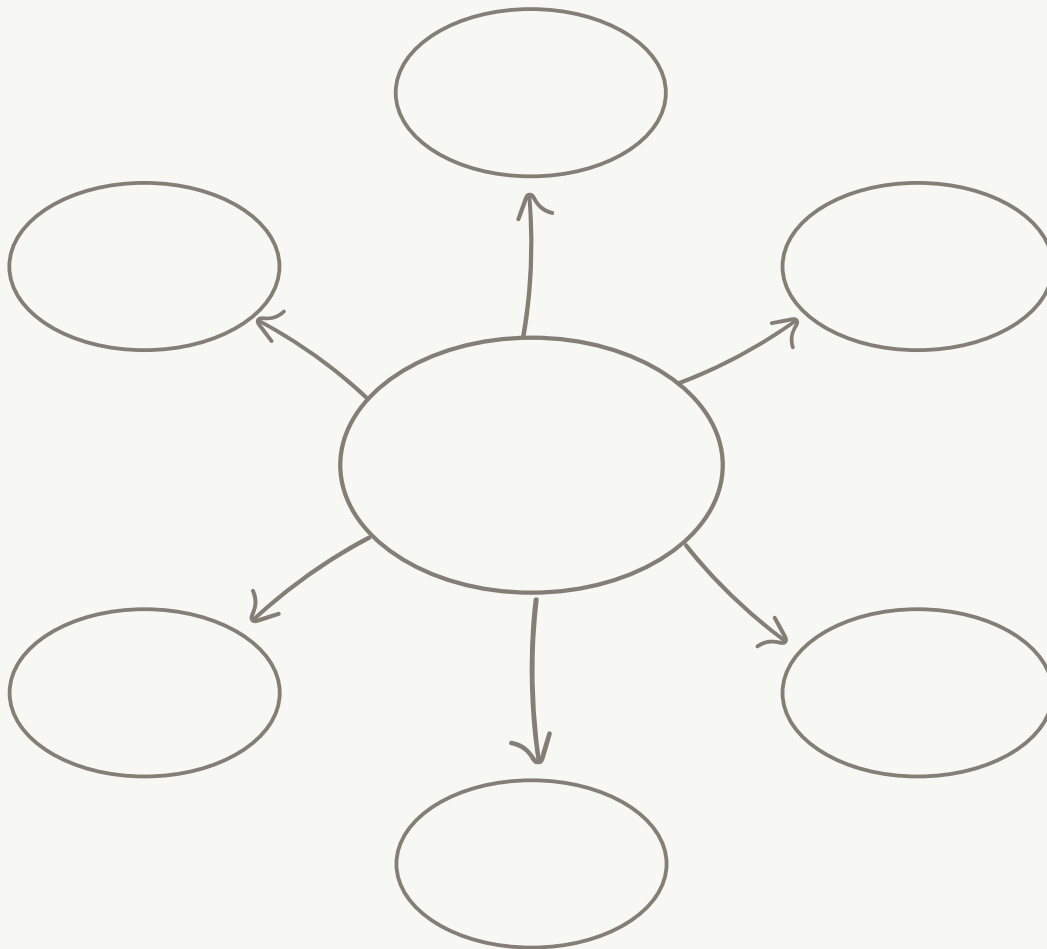
That's why I created this starter kit - not because mind mapping magically rewrites your life, but because it gives you a clearer place to begin.

If it can help a chronic overthinker like me organize a dream...
it can absolutely help you get clear on yours.

Your Mind Map

Use this page to get clarity on anything that keeps circling in your mind and refuses to sit still.

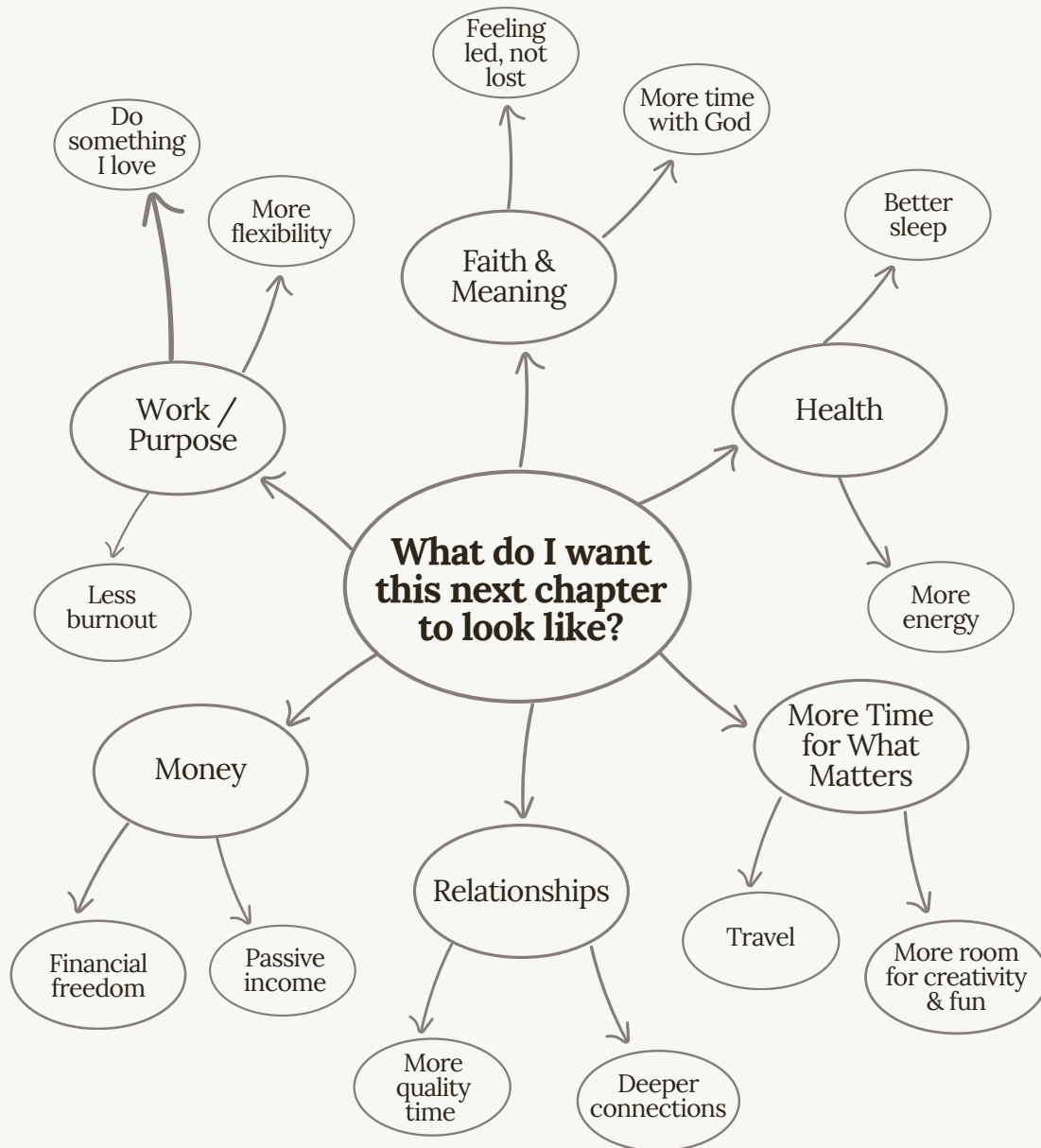
Start with your main question or idea and write it in the center circle.



Don't overthink it. Just start writing - clarity usually shows up midway through the mess.

Example Mind Map

(Yours Will Look Messier - Promise)



Your mind map won't look exactly like this - and it shouldn't.
Make it messy. Make it honest. Make it yours.