



WELLNESS MIND MAPPING

-MY HEALTH AND WELLNESS VISION-

Mind mapping is a great way to access different parts of your creative brain and expand on your wellness vision. This can help you to get really clear and excited by your plan.

Complete the mind map on the next page using different sections to explore what you want, reinforce why you want it , create how you will do it, what support you need and how you can overcome any difficulties. Explore anything that comes to mind using the different 'branches' for each areas.

