

## **Life-Mind Map Exercise**

*Adopted by Larry Olmstead from the work of Rafael Gonzalez*

The late Rafael Gonzalez was a pioneering diversity consultant who became a close friend and mentor – one of the most influential people in my growth as a leadership development professional. I am including the Life Mind Map Exercise as a way of honoring Rafael and his humanistic approach to his work.

The Life-Mind map is a holistic life planning tool that utilizes whole brain concepts (both spheres of the brain). The tool creatively and concretely identifies aspects of an individual's life to help stimulate feelings and thoughts about their present and future.

The list of dimensions utilized in the Life-Mind Map is not intended to be exhaustive. These dimensions have been found to stimulate thinking and feelings in order to create a rich landscape of one's life. The Life-Mind Map will result in the discovery of options that can be used for personal, family, financial, and career decisions.

This exploration will provide you with an organized “map” of your feelings and thoughts about your life. This map can be used to explore options in your life or make decisions in the short and long term. It can serve as a powerful guide in your decision making.

For each dimension, list three to five items that are important priorities. Do the “work” dimension last.

## Life-Mind Map – Topic Areas

Area	Key Priorities
Values	
Interests	
Happiness	
Skills	
Experiences	
Spiritual	
Lifestyle	
Financial	

Health	
Family	
Dreams	
Social	
Work	