

# ART THERAPY RESOURCES



## MIND MAPPING EXAMPLE

You don't need mind mapping software to create your mind map, however, using mind mapping software does provide additional benefits. Software can provide the framework to develop your mind map without worrying how to create a structure.

With mind mapping software, you also have the additional benefits of storage, sharing, editing, copying, reporting, and printing. You are also not limited to the size of a single piece of paper. Mind mapping software also allows you to easily edit your ideas and move concepts and topics around easily.

Most mind mapping software will provide templates that will help you jump start your mind maps.

The basic outline of creating a mind map is as follows:

- Identify your main idea/topic. Private Practice income, Art Therapy programs etc
- Identify all of the potential ideas that stem from that main idea. Eg income earning services
- When all potential branches are listed, edit your mind map for your final vision
- From the mind map, develop a detailed plan with deadlines and actionable steps

Below is an idea that illustrates the simple process of a mind map using the Mind Mup online software (FREE) <https://app.mindmup.com/map/new>

### CORE IDEA: *Private Practice income*

