

Week Three

Mind Map

- Visual Ideas

Assess

- Review and Prioritize

Action Map

- Reverse Planning

Structure

- Accountability

Know Thyself

- Prevent Triggers

Week Three

M: Create a Mind Map for Your Business

A: Review and Choose One Project

A: Create an Action Map for this Project

S: 1. Put Actions into a Calendar

2. Find an accountability partner

K: Develop Right Brain Ninja Moves

Write down 3 'Fear' triggers/conversations:

- 1 _____
- 2 _____
- 3 _____

Write down 3 personal strengths

- 1 _____
- 2 _____
- 3 _____

Write down 3 supports (non-naysayers)

- 1 _____
- 2 _____
- 3 _____

BONUS: ASK THREE PEOPLE FOR HELP IN YOUR BUSINESS

Resources

- Tony Buzan Video

<http://www.youtube.com/watch?v=MlabrWv25qQ>

- Mind Mapping:

<http://www.thinkbuzan.com/us/>

- Task Management Program:

<http://www.asana.com>