Creating Your Mind Map
What is a Mind Map?

In is most basic function A mind map is a diagram for representing items linked to and arranged ideas using a non-linear layout that allows the us to build an intuitive framework around a central concept. In a way, we "map out" our interests and ideas and make concrete connections between them.

Mind Map Practice:
Identify the issues you most want to work on/passionate about/have purpose for you.
- Are there issues and actions in the world that really cause you anger/piss you off? Anger is the first sign that you are identify something that is not right.
- Are there interactions, experiences that bring you delight? Where we feel joy is often where we feel scene.

How are those issues interconnect/are they?
- Draw where there are connections
- Add reasons/experiences/commonalties

Of those issues identify the areas you've already been working:
- What aspects have you been working on?
- What skills do you have in this area – name them

### Indicate which issues/areas you want to work on by highlighting, staring, etc.
- What aspects of this area interest you?
- What skills or experience would you need to have to effectively support this work

Seeking a Starting Point?
Read and Explore: <u>Our Current List of Most Pressing Problems (80,000 Hours)</u> - dive into the areas you are most interested in.

What do Mind Maps Look Like?
They can look at lot of different ways, depending on WHO you are, and WHAT you value in the work you do. Here are two examples of how mind maps have looked for other folks.
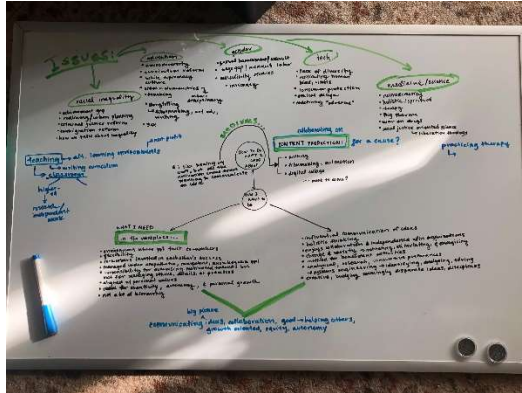
What next?
Once you've begun mapping your interests and areas of investment, take a short period of time (20-40 min) to work on each of the reflections.

Write your personal "Life View"
Take 30 min and reflect/respond to the questions. Feel free to venture into making a few draft sentences. This is not meant to be perfect or final. It is a living draft.
- Guide Questions and outline: http://dci.stanford.edu/wp-content/uploads/sites/2/2017/11/DYLMC-Lifeview-Reflection-v2.2.pdf

Write your personal "Work View"
Spend no more than 30 min. reflecting on the questions in the Work View Document. Write your own definition of what work deserves to be for you.
- Write Work View- http://dci.stanford.edu/wp-content/uploads/sites/2/2017/11/DYLMC-Workview-Reflection-v2.2.pdf

Diving Deep Into Your Mind Map

Using Design Thinking's Abstract Laddering (Why/How): Drilling down into your "why" and expanding up into your "how" helps us articulate the reason we find purpose in our identified topics and social issues. Choose a priority issue and ask yourself "why" 2-4 times, using the same question ask yourself "how" 2-4 times.

Abstraction Laddering

Abstraction Laddering

This template analyzes problems by reviewing questions that direct answers towards an abstract or a concrete solution. Being able to see alternative reasons allow users to understand the problem more clearly.

More abstract

↑

Why?

Why?

Problem statement

How?

How?

↓

More concrete