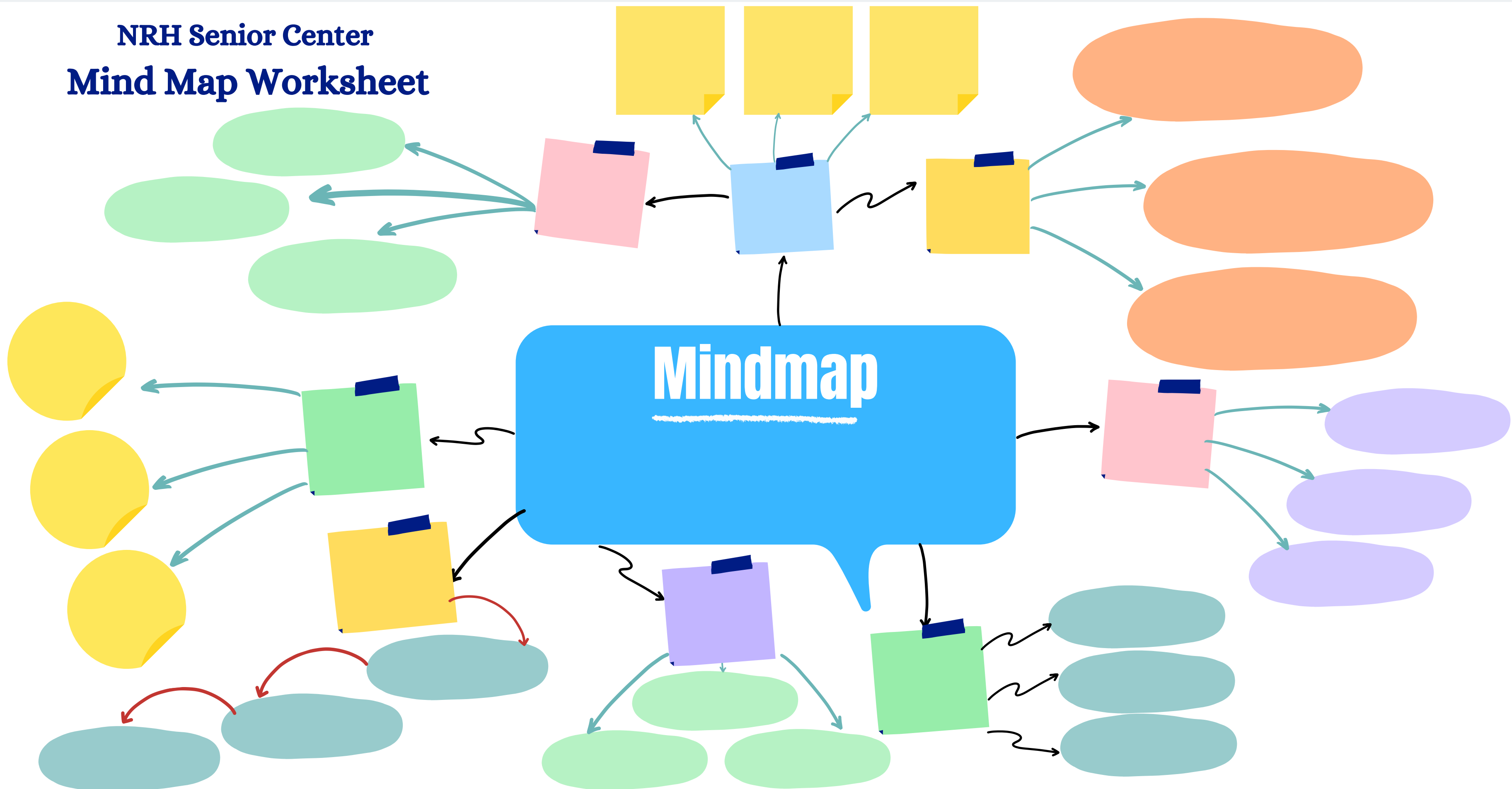


NRH Senior Center Mind Map Worksheet



Notice your current thoughts and identify a main theme or topic you are focused on. Take that topic and write it in the larger center circle. moving outwards from the middle, begin filling the circles with related topics. questions or ideas and/or worries you tink of.