



Hi Klaus,

In this series of emails, we have discussed many ways in which NovaMind can help with your personal effectiveness, whether that be:

- effectiveness at teaching,
- learning,
- memorizing,
- problem solving,
- business planning,
- communication,
- or presentations.

Some other uses that we haven't directly covered, but which are easy logical extensions of the lessons we have already completed are:

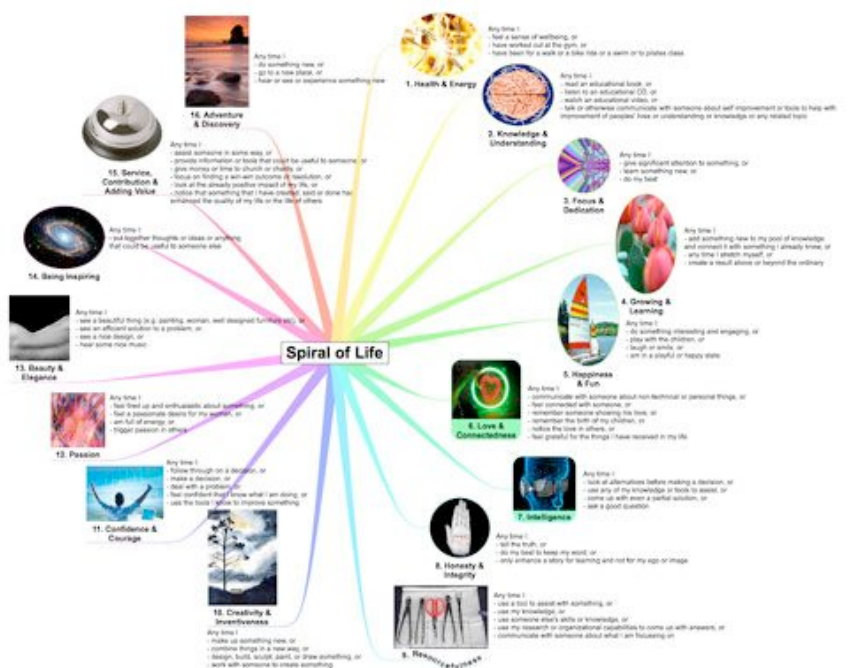
- planning personal goals,
- personal mission statements
- task check lists
- organizing the kids
- career planning

Today I would like to focus on one thing that I have found to be tremendously powerful in my own life, and that is personal life planning. This is one of the key tools that has given me the drive, energy and focus to enable me to totally redesign my life and make it so wonderful where each day I wake up excited about the things I am going to get to do today.

Now I do have a life plan which includes the thing that I am planning to accomplish in all the different areas of my life like family, career, health and fitness, personal growth etc, but these on their own are not sufficient to keep you on track to achieving your goals, feeling great, and knowing the sense of accomplishment every day as you know you are on your life's purpose.

I will be sharing this in complete detail in my product series "Design Yourself : Invent Your Future", but here is a foretaste of one of the powerful tools I use to maximize both my accomplishment and my enjoyment.

I used to have a life plan with my big goals at the top of the list (service, contribution, and adding value), and everything else in there as things that I would get to once I had achieved my big goal. This led me to feel under a lot of pressure to try to achieve that goal to the exclusion of everything else, using delayed gratification in completely the wrong way (and far too much).



Using this Mind Map (click to expand), I have completely removed the feeling of pressure and dramatically increased my level of achievement and satisfaction with the way things are now as well as feeling that I am moving in the right direction every day. I have written (in the attached text graphics) the rules I use to allow me to feel that I have achieved each of the items on the main branches. Notice how easy each rule is, and that for me to feel accomplishment in that area of my life I only need to fulfill **one** of the simple rules - not all of them at one time, as is the way many people have their success strategies wired.

Each of the items on the Mind Map is now easy to achieve and I can achieve most of them every day. Today, I achieved in all 16 areas - it's not difficult to do, and it means I know I am moving forward all the time. Below is an explanation of what the different parts are and how they work together.

1. **Health and Energy** is required for me to do any of the things further down on my list. I can only build knowledge and understanding, focus on things, learn effectively etc if I am healthy and energetic.
2. **Knowledge and Understanding** requires Health and Energy because I can only learn effectively if I maintain my health. I need to build knowledge and understanding before I can decide what to focus on to learn.
3. **Focus and Dedication** is required for me to be able to collect the information that I need to grow and learn.
4. **Growing and Learning** is something very important to me, and is necessary for me to be happy and connected and intelligent. I need to grow and learn in order for me to be inventive and inspiring, and have the resources to contribute to others.
5. **Happiness and Fun** are required for me to feel love and the sense of being connected with other people. I need to be in a good frame of mind to grow in intelligence and to fire my creativity and passion. I need to be happy to appreciate beauty. I need to be happy to be inspiring to others and to serve them. I need to focus on fun to have adventures.
6. **Love and Connectedness** are required for me to have integrity (because I understand the needs of others), and resourcefulness (using other peoples' knowledge and skills), and is obviously required for passion. It is also required for confidence, as a backing team, and to bring beauty into my life. I need to feel connected to people in order to inspire them and serve them. This is also a never ending voyage of discovery.
7. **Intelligence** is required for me to be able to have integrity to say the right thing at the right time and to keep my mouth shut when that is appropriate. It also contributes to building resourcefulness, and is an important factor in inventiveness. It gives me confidence that I know and understand things.
8. **Honesty and Integrity** are necessary for me to be able to utilize the resources of others to add value. It is also required for true passion, and self confidence.
9. **Resourcefulness** is necessary to be creative, bringing lots of different ideas and people into what I am focusing on. It is also needed to maintain a high level of passion, and continuing to be inspiring to others, and continuing to provide people with new levels of service.
10. **Creativity and Inventiveness** are required in order to be able to come up with new ways to be passionate, new forms of beauty, new ways of inspiring others, new ways of serving and contributing, and new adventures in life.
11. **Confidence and Courage** are required to be able to be passionate about something, and to go out there and inspire other people.
12. **Passion** is something that is required in order to inspire others and serve them effectively. It also leads to adventure and discovery of new things.
13. **Beauty and Elegance** are things that need to be appreciated and brought into my life so that I can provide inspiration to others with efficient ways of improving lives, as well as bringing a union of left brain and right brain thinking to any situation.
14. I need to be **inspiring** so that the service I provide to people is effective in making lasting improvements on them and the environment they live in.
15. **Service, Contribution and Adding Value are my primary purpose**, which all the other parts support, and give me the satisfaction of completion, and enthusiasm to go on new adventures of discovery which in turn boost my energy.
16. **Adventure and Discovery** bring out the childlike wonder in me that soaks up and appreciates everything for what it is, and leads to a renewal of energy, growth of understanding, and both completes the cycle of movement and starts a new one, continually spiraling to new heights.

With all this in place, life is a breeze - I am no longer driven, I just take these logical and pleasurable steps, knowing that it all leads in the right direction. I don't have to beat myself up with continual delayed gratification, because I can enjoy every step of the journey.

Homework Exercise

I hope you find this an inspiration to create your own "Spiral Of Life" or similar, and lead a truly empowered, happy and fulfilled life.

Useful links



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A Business Opportunity

NovaMind has grown from being a small single person operation when I first started in 2002 to be a rapidly growing Mind Mapping company, providing top of the line tools for a wide variety of users.

We would like to share our success with you, and invite you to become an affiliate partner with us - the setup is extremely easy - all you need to do is fill in a simple form, and we do all the rest. We use the quality of the software, the web site, the Mind Map Connection newsletter, and the follow up emails to convert prospects and close sales. You will receive your commissions by the most suitable method for you - check/cheque, PayPal, bank transfer, wire transfer etc.

You don't need a web site or any software - just send people on your mailing list, friends and colleagues to our web site using a special URL we will provide, and we do the rest. If there is a particular page on our web site you want to send them to (because it is more relevant to their needs), you can send them directly to that page - you don't have to send them to our home page.

You have seen the level of followup and service we provide to everyone who downloads from our web site. Our conversion rate is very high, and we have resellers who are making significant amounts every month from promoting NovaMind, with very little effort on their part. We invite you to join - just fill in the [Affiliate form](#) now to get started.

Post Script

I hope you have found this series to be interesting and useful for you to get the most out of Mind Mapping in general and NovaMind in particular. We are dedicated to continuously improving NovaMind - the software, the tutorials, the web site, the followup emails - everything about our business and what we provide, so your feedback is very welcome.

If you have not yet purchased your copy of NovaMind, now is the time to do so, as your 30 day trial will have expired. Just visit our [online store](#) to complete the transaction.

Congratulations on completing the lessons - you now have more knowledge about Mind Mapping than 99.9% of the population! I would encourage you to go out there and use this powerful methodology and tool to improve your efficiency, effectiveness and to have more fun while doing so.

Gideon King, CEO
NovaMind Software
Mind Mapping at its best
www.nova-mind.com

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