

What's on My Mind? Bubble Map Exercise

Color Coding:

- Red = On fire needs immediate attention
- Orange = Almost on fire, pay attention next
- Yellow = Caution; this could go either direction
- Green = Growth; might be tough, but worth it
- Blue = All good, it can wait
- Purple = A source of passion, perhaps a hobby
- Pink = A source of happiness
- Brown = Something you need, not pressing, just a need
- Black = Just not sure how to proceed

Directions:

1. Make a copy of the shell document for the exercise because you'll want to do it again in a few months. Or you may be using it with someone else.
2. Find a time where you can spend at least an hour on this uninterrupted.
3. Write down all the things that are on your mind, both good and bad.
4. If it's waking you up or keeping you from falling to sleep, write it down.
5. Draw the appropriate color bubble around it. Sharpie fine markers work well for this.
6. Choose one item that is on fire (red) to deal with. Flip the page over and rewrite the item in the same color. Nothing on fire? Move to the next color on the list; orange.
7. Begin to dissect/decompose/unpack the item. Ask yourself the questions on the other side of this sheet.

Red/Orange/Yellow:

- What if there is more than one red bubble? Answer: Prioritize them by urgency. Even some reds/oranges can wait a bit. Identify if there are people you need to involve.
- What if everything is red or orange? Answer: Not everything is red or orange. Something in your life is another color. Stop and think about what is good in your life. What makes you smile? What brings joy (no matter how small or fleeting) to you? Write those things down.
- What if there are more than two yellows? Answer: Keep an eye on them. We don't want them bursting into orange or red. Make a commitment to check on them once a week.

Green:

- What if there are more than two greens? Answer: You will want to prioritize them. Prioritize what needs to be done for each. Can they be worked on in tandem or must it be one thing at a time?

Black:

- Find someone you trust to help decompose this.

For each bubble, ask yourself these powerful questions. Some of the questions may not fit, that's okay.

- What color is this item really?
- By when must this be solved?
- Who can help me with a given task?
- Who does this really belong to? If it belongs to someone else let them have it; don't take on what's not yours. Keep it if it's yours.
- Why is this important to me?
- Why am I allowing this to control me?
- How much control do I really have?
- How much control do I want?
- What is my motive/goal with regard to this bubble?
- Who do I need to share this bubble with?

Make a plan for dealing with what's on fire first. Try to find time every day to enjoy a bit of pink or purple; even if it's for a short period of time.