



What is a Mind Map?

A Mind Map is a powerful graphic technique which provides a universal key to unlock the potential of the brain. It harnesses the full range of cortical skills - word, image, number, logic, rhythm, colour and spatial awareness - in a single, uniquely powerful manner. In so doing, it gives you the freedom to roam the infinite expanses of your brain. The Mind Map can be applied to every aspect of life where improved learning and clearer thinking will enhance human performance.

Originated in 1970 by Tony Buzan, Mind Maps are now used by millions of people around the world - from the very young to the very old - whenever they wish to use their brains more effectively.

Similarly to a road map, a Mind Map will:

- Give you an overview of a large subject/area.
- Enable you to plan routes/make choices and let you know where

you are going and where you have been.

- Gather and hold large amounts of data.
- Encourage problem solving by seeing new creative pathways.
- Enable you to be extremely efficient.
- Be enjoyable to look at, read, muse over and remember.
- Attract and hold the eye/brain.

Mind Map Laws

1. Start in the centre with an image of the topic, using at least three colours.
2. Use images, symbols, codes and dimension throughout your Mind Map.
3. Select key words and print, using upper or lower case letters.
4. Each word/image must be alone and sitting on its own line.
5. The lines must be connected, starting from the central images. The centre lines are thicker, organic and flowing, becoming

thinner as they radiate from the centre.

6. Make the lines the same length as the word/image.
7. Use colours - your own code - throughout the Mind Map.
8. Develop your own personal style of Mind Mapping.
9. Use emphasis and show associations in your Mind Map.
10. Keep the Mind Map clear by using Radiant hierarchy, numerical order or outlines to embrace your branches.

How to Mind Map

1. Turn a large, white sheet of paper landscape, or use a Mind Map pad.
2. Gather a selection of coloured pens, ranging from fine nib to highlighter.
3. Select the topic, problem or subject to be Mind Mapped.
4. Gather any materials, research or additional information.
5. Start in the centre with an unframed image - approximately