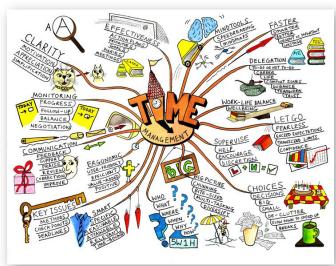
Positioning for Success Mind Map

How to Mind Map

A **Mind Map** is a diagram used to represent words and ideas linked to and arranged radially around a central key word or idea.

Mind mapping is a highly effective way of getting information in and out of your brain. It is a creative and logical means of notetaking and note-making that literally "maps out" your thoughts and ideas.

All Mind maps have some things in common. They have a natural organizational structure that radiates from the center and use lines, symbols, words, color, and images according to simple, brain-friendly concepts. Mind Maps can be applied to most of life's situations that involve any learning or thinking.



- As an **individual**: planning; to do 'lists'; projects; communicating; organizing; problem analyzing/solving; understanding cause and effect; see connections; stress; social influence; attachement; addiction; health; truama; shame; behaviors
- As a **learner**: remembering; note taking; note making; reports; essays; presentations; exams; thinking; creativity;
- As a worker/professional: planning; communicating; projects; organizing; overviewing; meetings; training; negotiating; interviewing; appraisals; Brain-blooming

"The mind, once expanded to the dimensions of larger ideas, never returns to its original size."

--Oliver W. Holmes

The Five Essential Characteristics of Mind Mapping:

- The main idea, subject or focus is crystallized in a central image
- The main themes radiate from the central image as 'branches'
- The branches comprise a key image or key word drawn or printed on its associated line
- Topics of lesser importance are represented as 'twigs' of the relevant branch
- The branches form a connected nodal structure.
- Mind maps use just key words and key images, allowing a lot more information to be put on a page.

Mind maps work the way the brain works -- which is not in nice, neat lines. The mind remembers key words and images, not sentences.

Learning how to learn is life's most important skill!

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Mind Map Instructions

These are the brain-reflecting foundation structures of a Mind Map. The more of them you follow, the more effective your Mind Map.

- 1. Select the topic, problem or subject to be Mind Mapped.
- 2. Start in the CENTER of a large blank page turned sideways. Why? Because starting in the center gives your Brain freedom to spread out in all directions and to express itself more freely and naturally.
- 3. Use an IMAGE or PICTURE for your central idea. Why? Because an image is worth a thousand words and helps you use your Imagination. A central image is more interesting, keeps you focused, helps you concentrate, and gives your Brain more of a buzz!
- 4. Use COLOURS throughout. Why? Because colors are as exciting to your Brain as are images. Color adds extra vibrancy and life to your Mind Map, adds tremendous energy to your Creative Thinking, and is fun!
- 5. CONNECT your MAIN BRANCHES to the central image and connect your second- and third-level branches to the first and second levels, etc. Why? Because your Brain works by association. It likes to link two (or three, or four) things together. If you connect the branches, you will understand and remember a lot more easily.
- 6. Make your branches CURVED rather than straight-lined. Why? Because having nothing but straight lines is boring to your Brain.
- 7. Use ONE KEY WORD PER LINE. Why? Because single key words give your Mind Map more power and flexibility.
- 8. Use IMAGES throughout. Why Because each image, like the central image, is also worth a thousand words. So, if you have only 10 images in your Mind Map, it's already the equal of 10,000 words of notes!

