

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!*

