

**NAME**

Mind Map Technique

**AUTHOR/OWNER**

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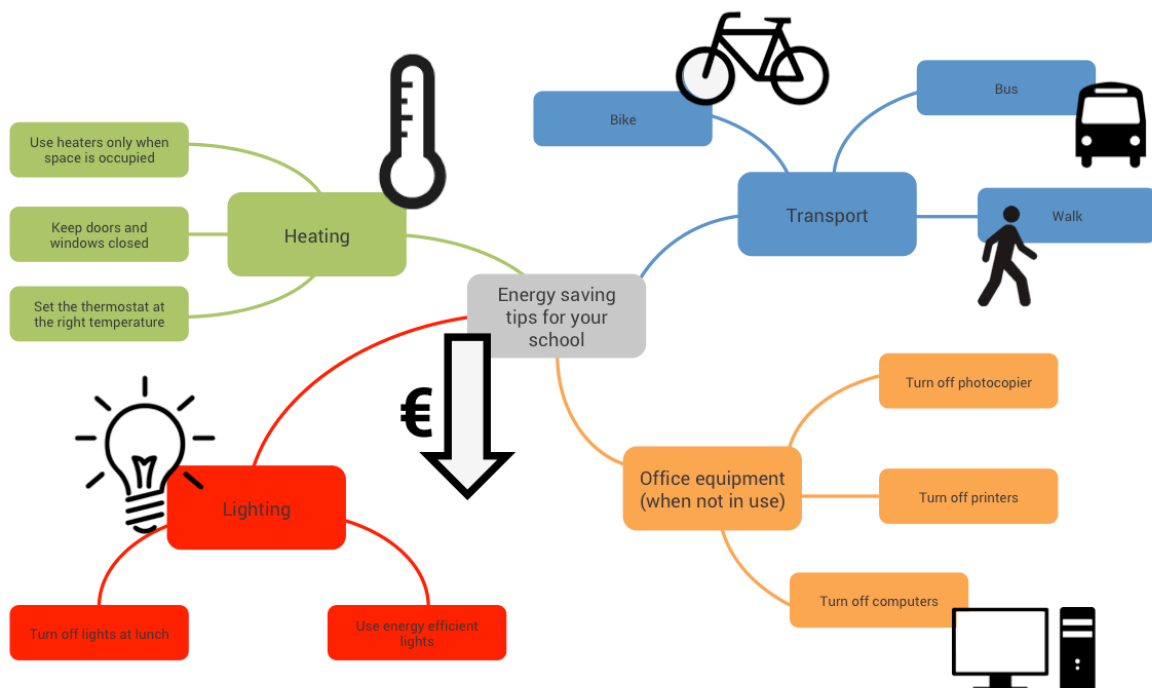
**SOURCE**

The Mind Map Book

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## INTRODUCTION

A mind map is a diagram used to visually outline information. A mind map is often created around a single word or image, placed in the centre, to which associated ideas, words and concepts, are added. Major categories radiate from a central node, and lesser categories are sub-branches of larger branches. Categories can represent words, ideas, tasks, or other items related to a central key word or idea. For more information, go to the “Explore” stage of the Shape resource.



## NOTES

A mind map is a powerful graphic technique that provides a universal key to unlock the potential of the brain. Mind maps can be applied to every aspect of a process where improved learning and clearer thinking will enhance development.

Mind maps can be used for:

- Brainstorming – individually or as a group
- Summarising information and note taking
- Consolidating information from different sources
- Thinking through complex problems
- Presenting information in a format that shows the overall structure of the subject

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## 7 Steps to Making a Mind Map

1. Start in the **centre** of a blank page turned sideways.  
Why? Because starting in the centre gives your brain freedom to spread out in all directions and to express itself more freely and naturally.
2. 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 focussed and helps you concentrate.
3. Use **colours** throughout. Why? Because colours are as exciting to your brain as are images. Colour adds extra vibrancy and life to your Mind Map, adds tremendous energy to your creative thinking.
4. **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.
5. Make your branches **curved** rather than straight-lined. Why? Because having nothing but straight lines is boring to your brain.
6. Use **one key-word per line**. Why? Because single key words give your Mind Map more power and flexibility.
7. 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 or notes.

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## USEFUL LINKS

[www.thinkbuzan.com](http://www.thinkbuzan.com)

<http://www.tonybuzan.com/about/mind-mapping/>

[www.mindtools.com/pages/article/newISS\\_01.htm](http://www.mindtools.com/pages/article/newISS_01.htm)