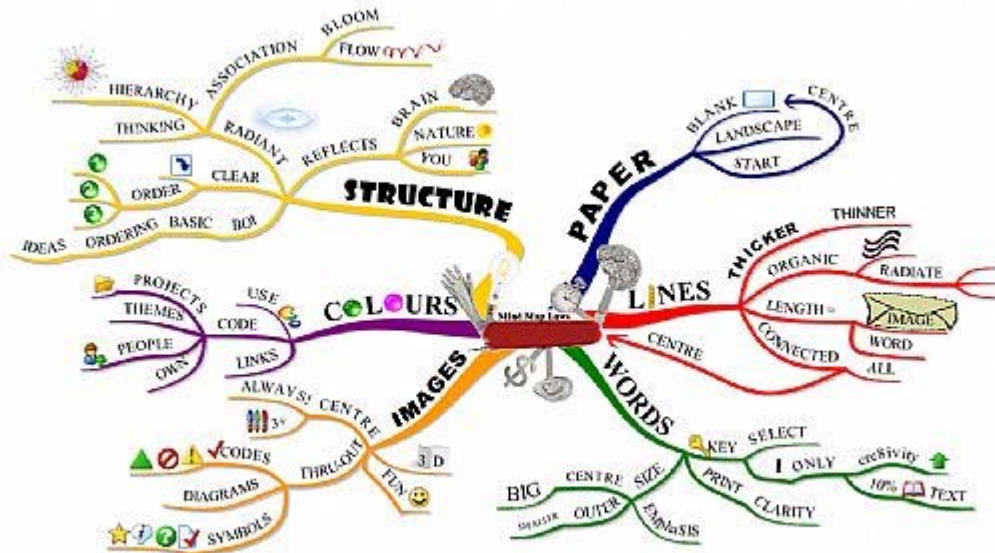


MIND MAPPING

What is a Mind Map?

Mind maps are tools that help us think and remember better, creatively solve problems and take action. The mind map encourages creativity and flexibility, and you need these to make your resolutions happen! Mind maps help you think outside the box.



Why Mind Maps Work?

They help you avoid thinking linearly. They open you up to creativity and new ways of thinking. They're more realistic, because most things aren't orderly to begin with. They help you get the big picture. They naturally hook into your right brain, where creativity and intuition can help you. (Not all ideas organize themselves tidily into an outline format, and linear thinking is limiting.)

How to Do a Mind Map?

Using an unlined piece of paper, work quickly without pausing, judging or editing. If you pause, judge or edit, you're encouraging linear thinking and analysis-paralysis and the idea that things have to be perfect before you can begin. The idea behind the mind map is to think creatively in a non-linear manner.

How to make a mind map in 8 steps

Step 1: Start at the center of the page

Our mind focuses on the center of the page. That's why mindmapping begins with a word or image that symbolizes what you want to think about placed in the middle of the page.

Step 2: Don't be serious!

Write down or draw the first things that come up in your mind when you start to think about related issues, persons, object, goals... Put your thoughts around the central thought. These can be everything. Even if they look strange or unimportant.

Step 3: Free associate

As ideas emerge, print one or two word descriptions of the ideas on lines branching from the central focus. Allow the ideas to expand outward into branches and sub-branches. Put down all ideas without judgment or evaluation.

Step 4: Think as fast as you can

Come up with an explosion of ideas. Translate them in words, images, codes or symbols.

Step 5: There are no boundaries

Think "out-of-the-box". Everything is possible. Use wild colors, fat colored markers, crayons, or skinny felt tipped pens. You haven't lived until you've mindmapped a idea with hot pink and day-glo orange crayons.

Step 6: Don't judge too fast

Again, everything is possible. Unrelated issues might be relevant later on. Think like you are brainstorming. Otherwise your mind will get stuck like a record in that "unrelated word" groove and you'll never generate those great ideas.

Step 7: Go, go, go....

Keep your hand moving. If ideas slow down, draw empty lines, and watch your brain automatically find ideas to put on them. Or change colors to reenergize your mind. Stand up and mindmap on an easel pad to generate even more energy.

Step 8: Add relationships and connections

Sometimes you see relationships and connections immediately and you can add sub-branches to a main idea. Sometimes you don't, so you just connect the ideas to the central focus. Organization can always come later; the first requirement is to get the ideas out of your head and onto the paper.

Mind Map Laws

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

- Start in the centre with an image of the topic, using at least 3 colours.
- Use images, symbols, codes and dimensions throughout your mind map.
- Select key words and print using upper or lower case letters.
- Each word word/image must be alone and sitting on its own line.
- The lines must be connected, starting from the central image. The central lines are thicker, organic and flowing, becoming thinner as they radiate out from the centre.
- Make the lines the same length as the word/image.
- Use colours - your own code - throughout the mind map.
- Develop your own personal style of mind mapping.
- Use emphasis and show associations in your mind map.
- Keep the mind map clear by using radiant hierarchy, numerical order or outlines to embrace your branches.