Use a Mind Map, Save a Tree;

Use Mind Maps, Save a Forest!

Unlock your Creativity, boost your Memory and Change your Life!

Tony Buzan

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.

What do you need to make a Mind Map? Because Mind Maps are so easy to do and so natural, the ingredients for your "Mind Map Recipe" are very few:

- Blank unlined paper
- Coloured pens and pencils
- Your Brain
- Your imagination!

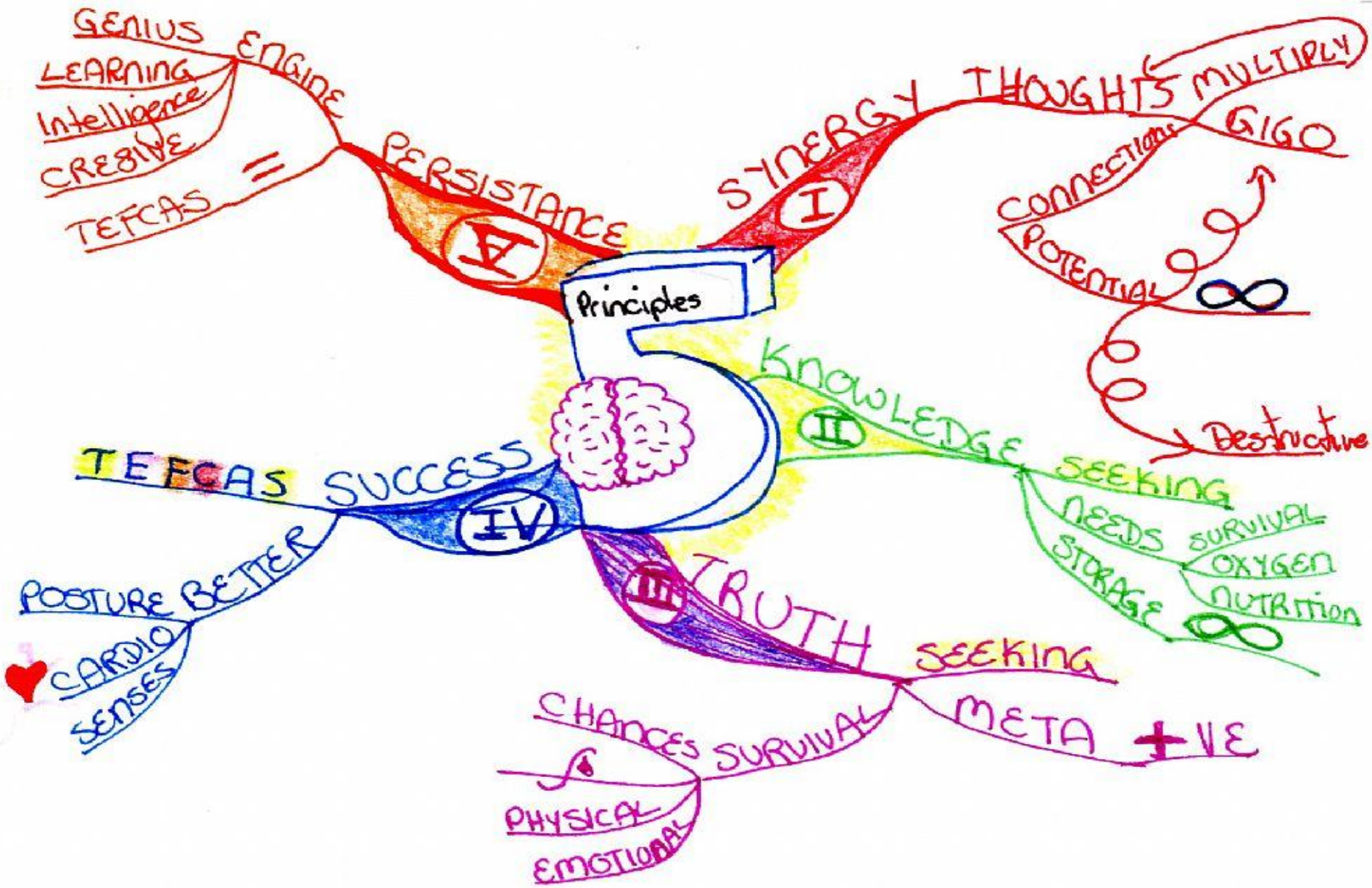
When you use Mind Maps on a daily basis, you will find that your life becomes more productive, fulfilled, and successful on every level. There are no limits to the number of thoughts, ideas and connections that your brain can make, which means that there are no limits to the different ways you can use Mind Maps to help you.

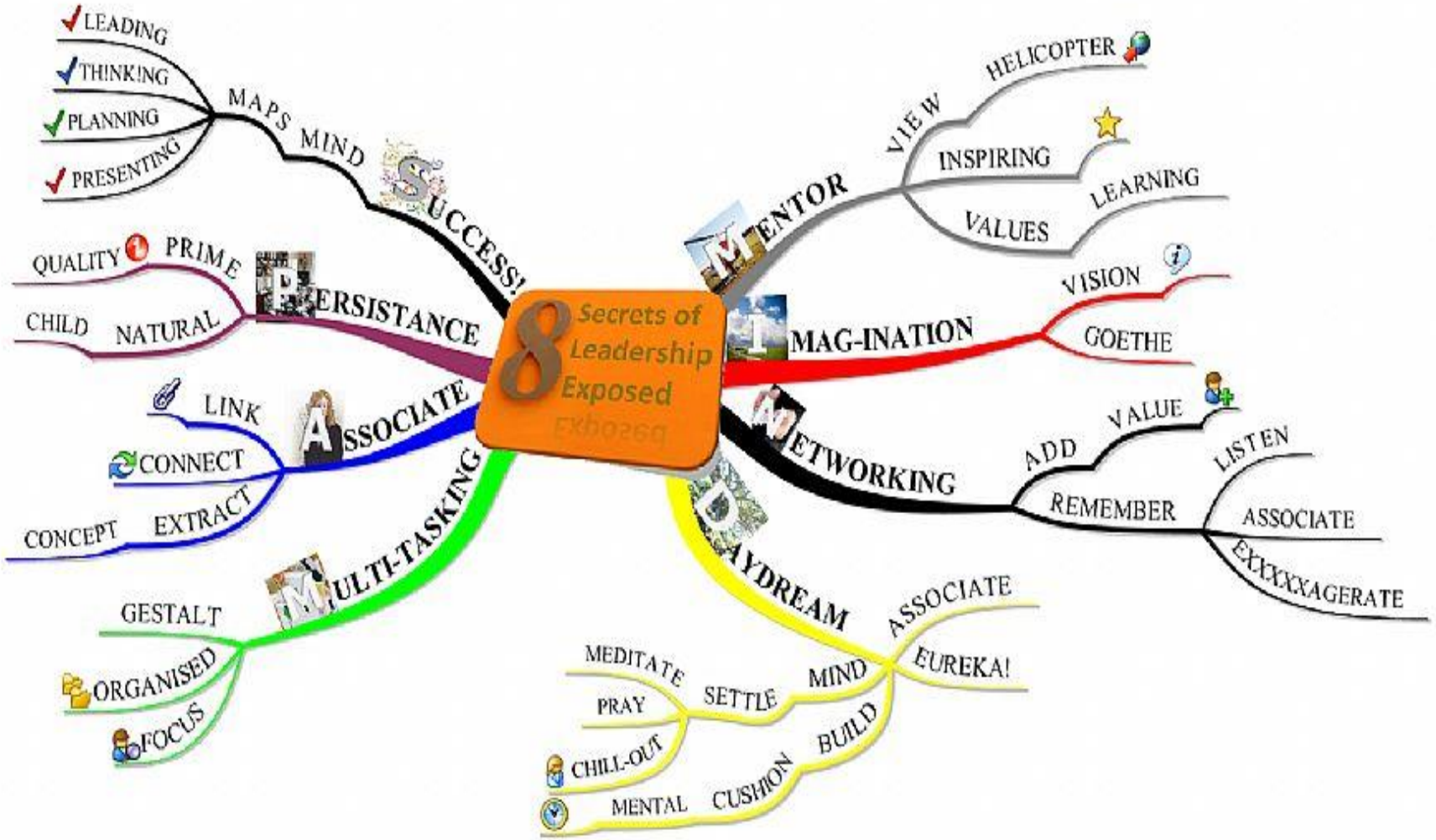
7 Steps to Making a Mind Map

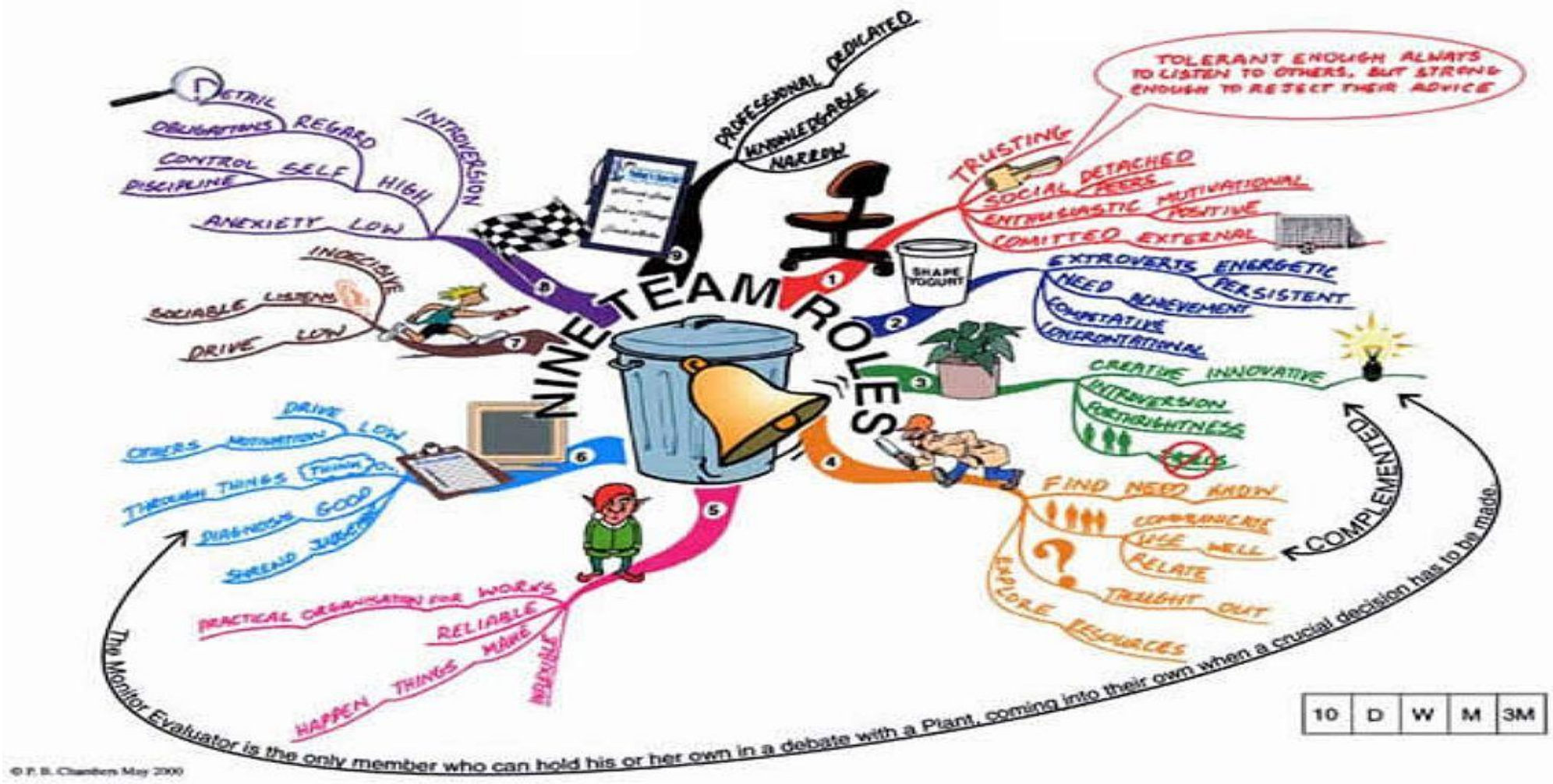
1. Start in the CENTRE of a blank page turned sideways. Why? **Because starting in the centre gives your Brain freedom to spread out in all directions and to express itself more freely and naturally.**
2. Use an IMAGE or PICTURE for your central idea. Why? **Because an image *is* worth a thousand words and helps you use your Imagination. A central image is more interesting, keeps you focussed, helps you concentrate, and gives your Brain more of a buzz!**
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, and is fun!**
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 of notes!

Originated in the late 1960s 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 minds more effectively. Mind Map Gallery

Below are some 'Best Practice' examples of Mind Maps from around the world. *If you would like to submit your own Mind Map to this gallery, please send an email to* ***contactbuzan@buzanworld.com***


GENIUS
LEARNING
Intelligence
CREative
TEFCAS
=
ENGINE
PERSISTANCE
V
SYNERGY
I
THOUGHTS MULTIPLY
CONNECTIONS
GIGO
POTENTIAL
∞
Destructive
Principles
KNOWLEDGE
II
SEEKING
NEEDS
SURVIVAL
OXYGEN
NUTRITION
STORAGE
∞
TEFCAS SUCCESS
IV
POSTURE BETTER
CARDIO
SENSES
III
TRUTH
SEEKING
META +VE
CHANCES SURVIVAL
PHYSICAL
EMOTIONAL


8 Secrets of Leadership Exposed
SUCCESS!
MAPS MIND
LEADING
THINKING
PLANNING
PRESENTING
PERSISTANCE
PRIME
QUALITY
NATURAL
CHILD
ASSOCIATE
LINK
CONNECT
EXTRACT
CONCEPT
MULTI-TASKING
GESTALT
ORGANISED
FOCUS
MENTOR
VIEW
HELICOPTER
INSPIRING
LEARNING
VALUES
IMAG-INATION
VISION
GOETHE
NETWORKING
ADD
VALUE
REMEMBER
LISTEN
ASSOCIATE
EXXXXXAGERATE
DAYDREAM
ASSOCIATE
EUREKA!
MIND
SETTLE
MEDITATE
PRAY
CHILL-OUT
BUILD
CUSHION
MENTAL



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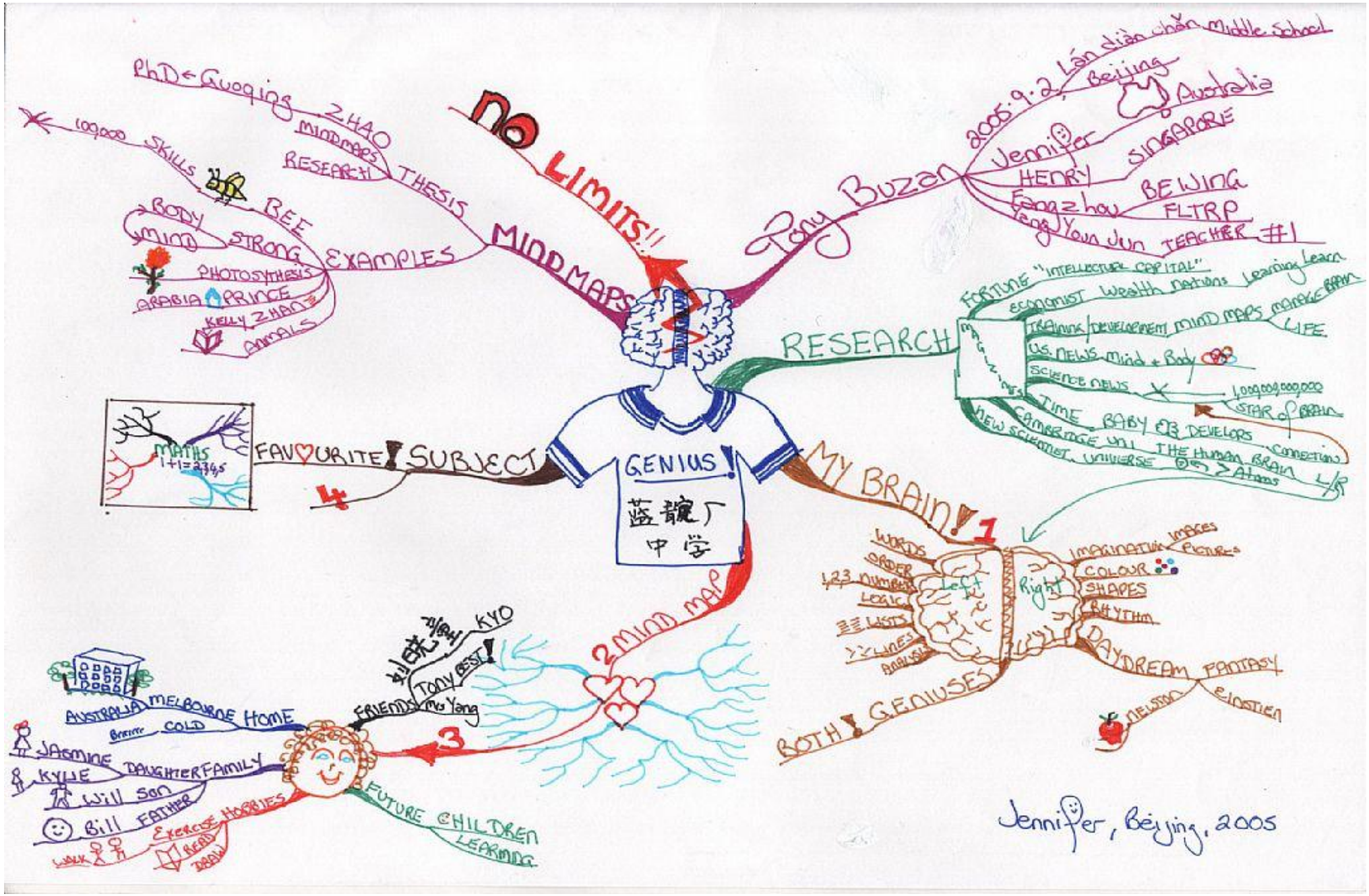
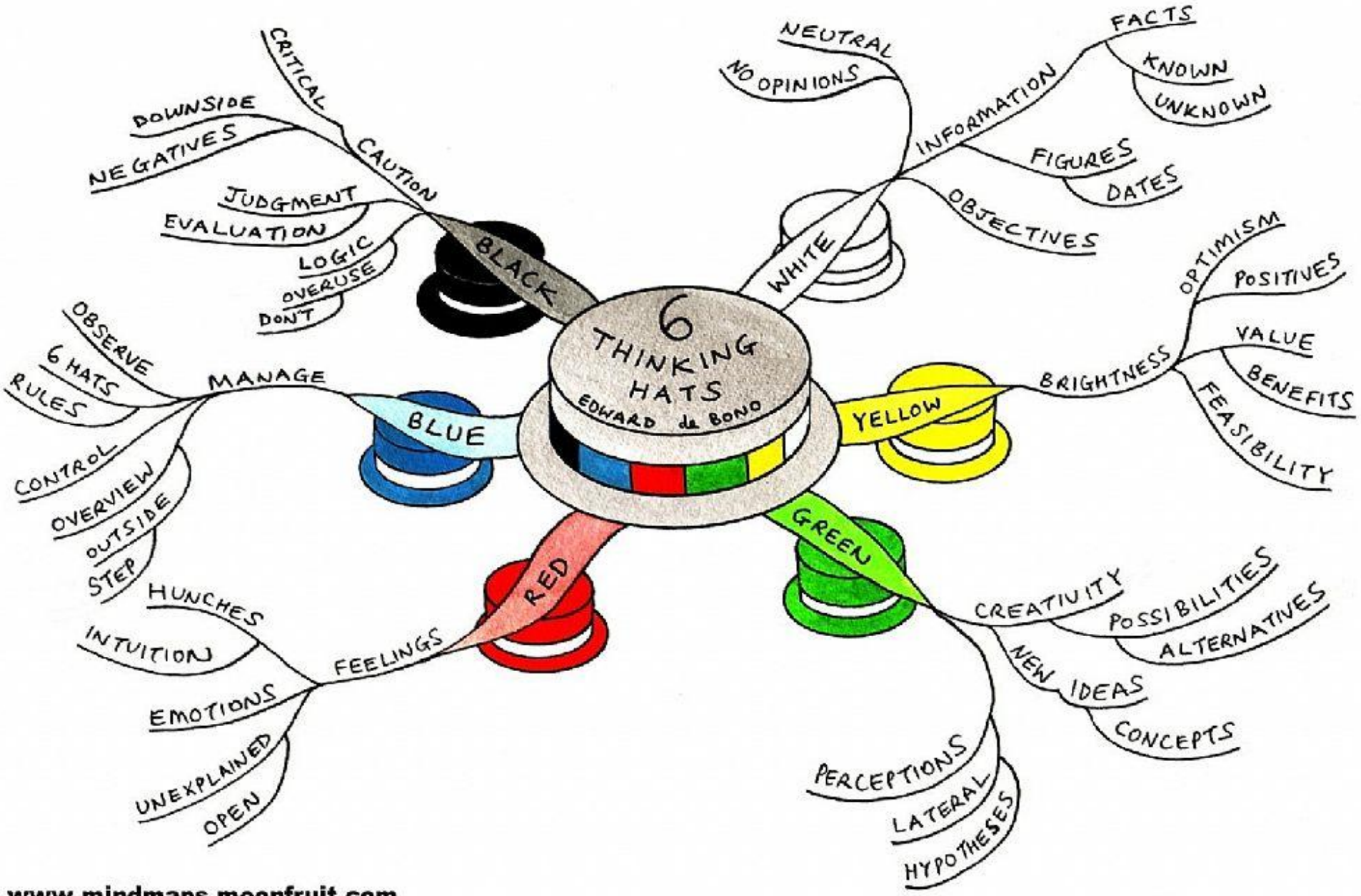

NO LIMITS!!
MIND MAPS
Tony Buzan
2005.9.2 Lán diàn chǎn Middle School
Beijing
Australia
Jennifer
HENRY
SINGAPORE
Fengzhou
BEIJING
FLTRP
Teng Yun Jun
TEACHER #1
RESEARCH
FORTUNE "INTELLECTUAL CAPITAL"
ECONOMIST Wealth Nations
Learning Learn
TRAINING/DEVELOPMENT
MIND MAPS MAGIC BRAIN
LIFE
US. NEWS Mind + Body
SCIENCE NEWS
1,000,000,000,000
STAR of BRAIN
TIME BABY 0-3 DEVELOPS
CAMBRIDGE UNI
THE HUMAN BRAIN
NEW SCIENTIST UNIVERSE
Atoms
MY BRAIN! 1
WORDS
ORDER
1,2,3 NUMBERS
LOGIC
LISTS
LINES
ANALYSIS
Left
Right
IMAGINATION
IMAGES
PICTURES
COLOUR
SHAPES
RHYTHM
DAYDREAM
FANTASY
EINSTEIN
NELSON
BOTH! GENIUSES
2 MIND MAP
KYO
Tony BEST!
FRIENDS
Mrs Yang
3
AUSTRALIA
MELBOURNE
HOME
COLD
JASMINE
KYLIE
DAUGHTER
FAMILY
Will SON
Bill FATHER
EXERCISE
HOBBIES
READ
WALK
FUTURE CHILDREN
LEARNING
GENIUS!
蓝靓厂
中学
FAVOURITE! SUBJECT
4
MATHS
1+1=2345
PhD ← Guoqing ZHAO
MINDMAPS
RESEARCH
THESIS
100000 SKILLS
BEE
BODY
MIND
STRONG
EXAMPLES
PHOTOSYNTHESIS
ARABIA PRINCE
KELLY ZHANG
ANIMALS
Jennifer, Beijing, 2005

Goal Setting

Created using Buzan's iMindMap software



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How To Mind Map

Created using Buzan's iMindMap Software

Mind Maps

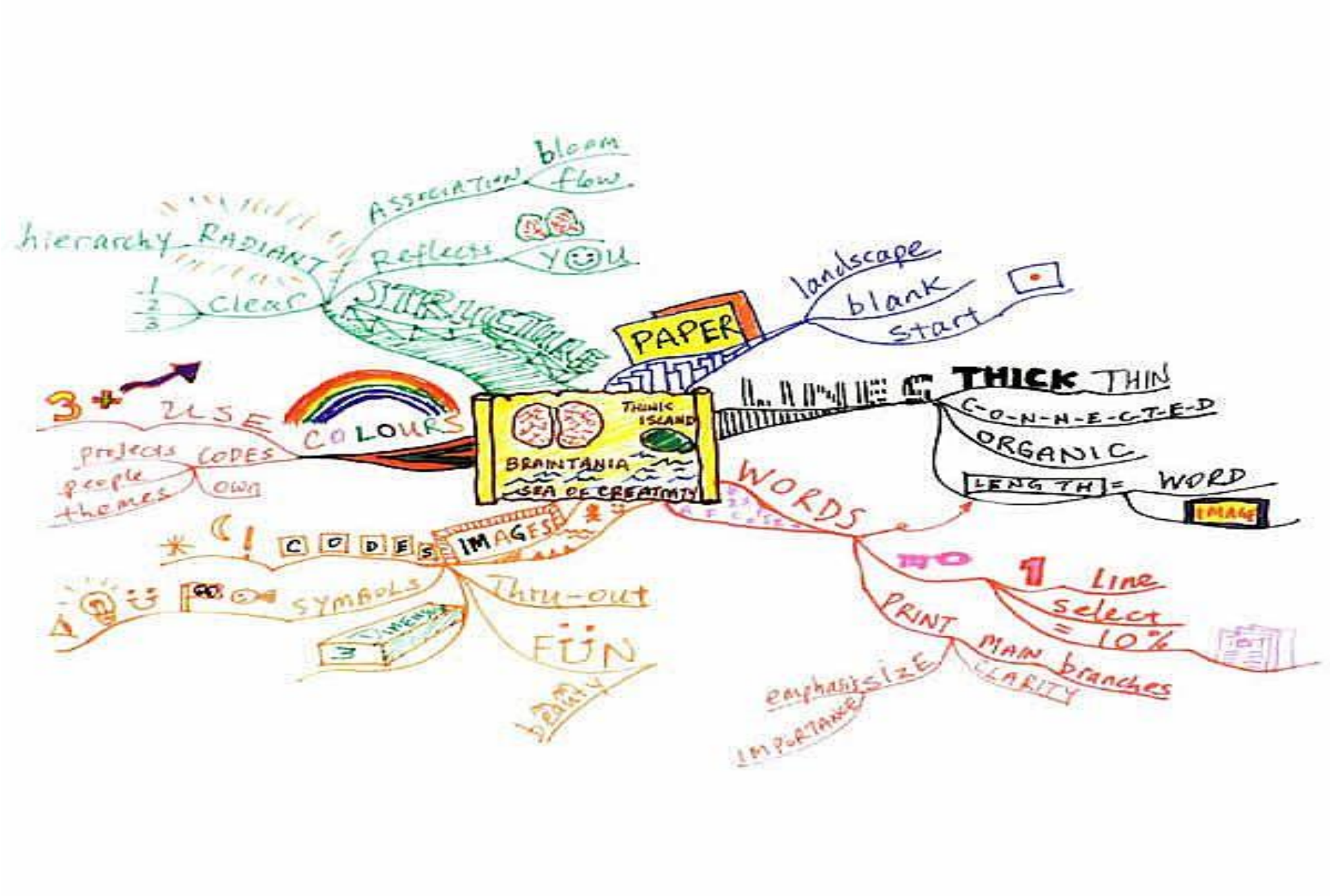
Start With Central Image
Centre of Page
Write Purpose On Central-Image

Colours
Throughout
Minimum 3

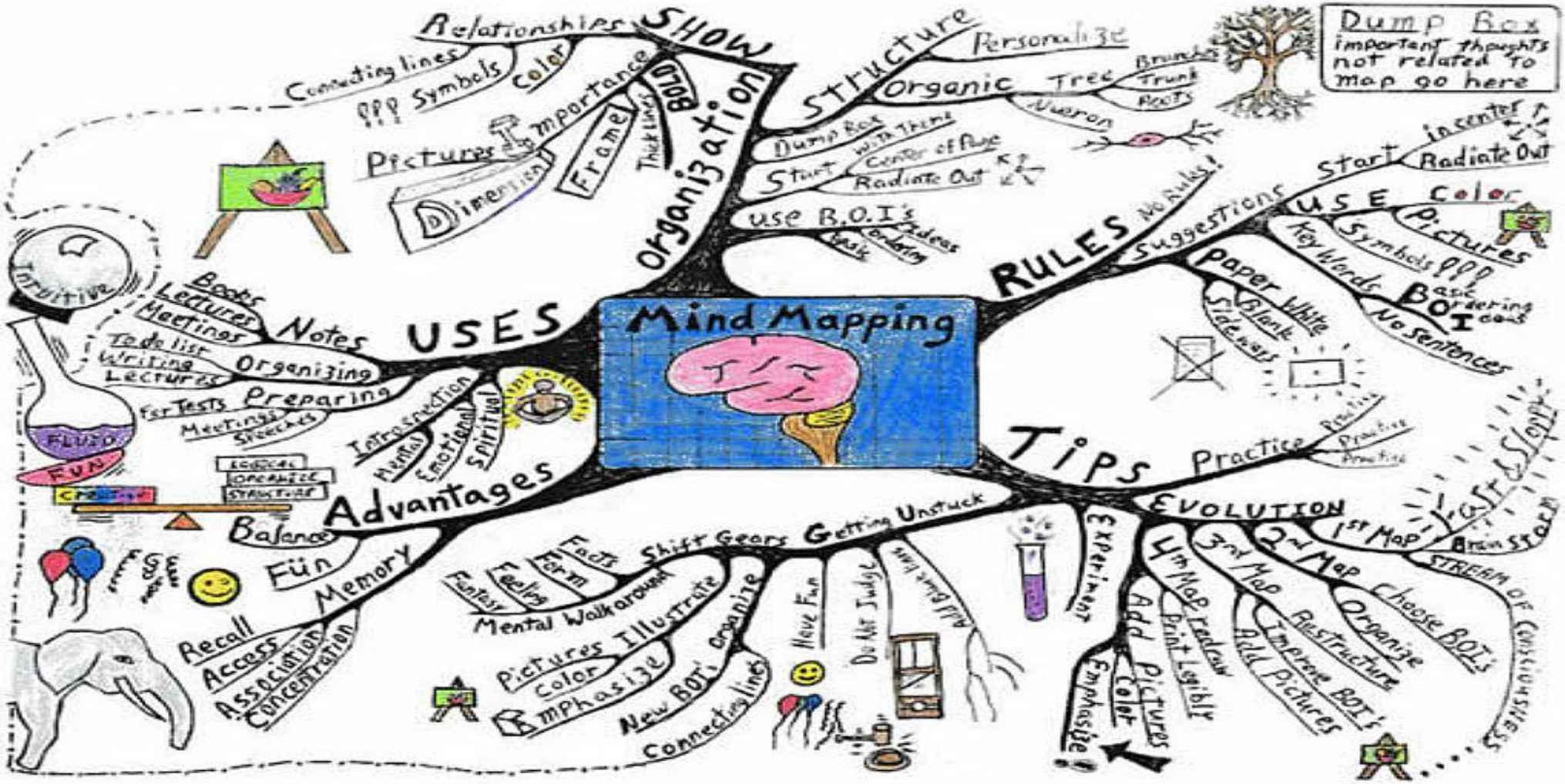
Branches
Connect Central-Image
Each Other
Curved not Straight
Thicker Centre near
Thinner Level each

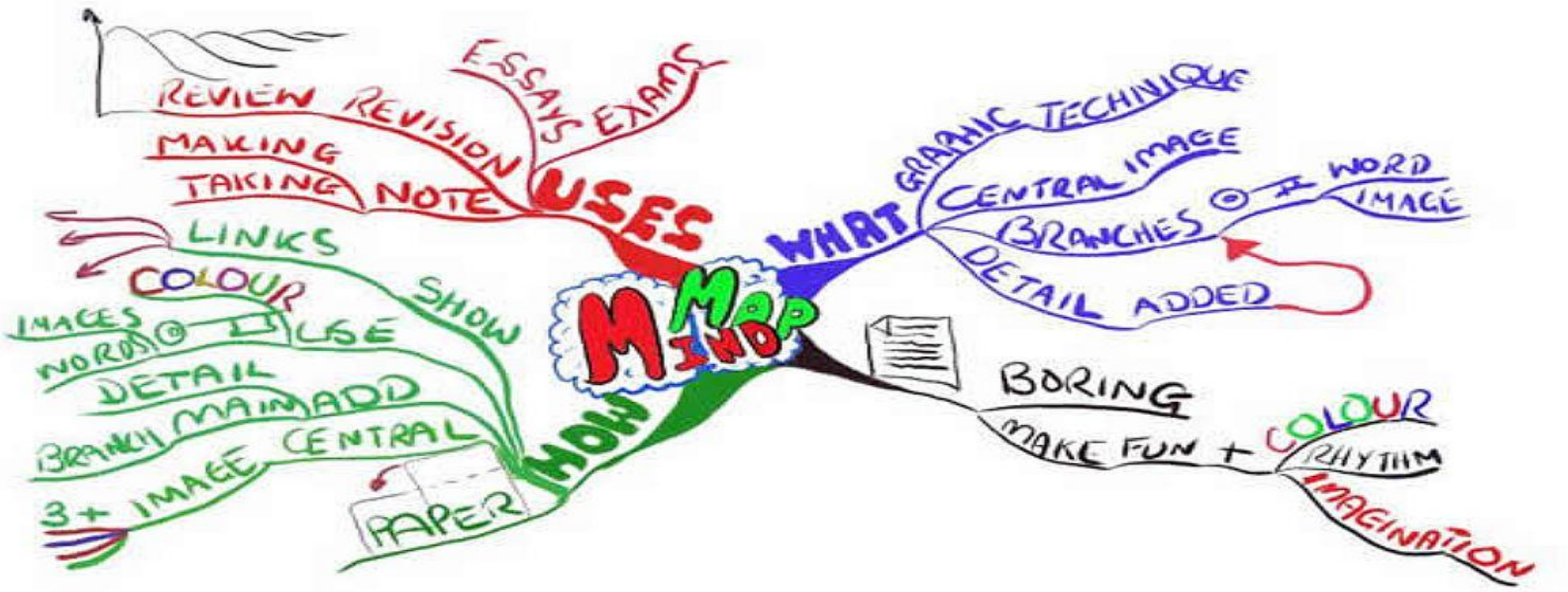
Keywords
ONE Line Per
Print Clearly
Size = Emphasis
Length as Same Line

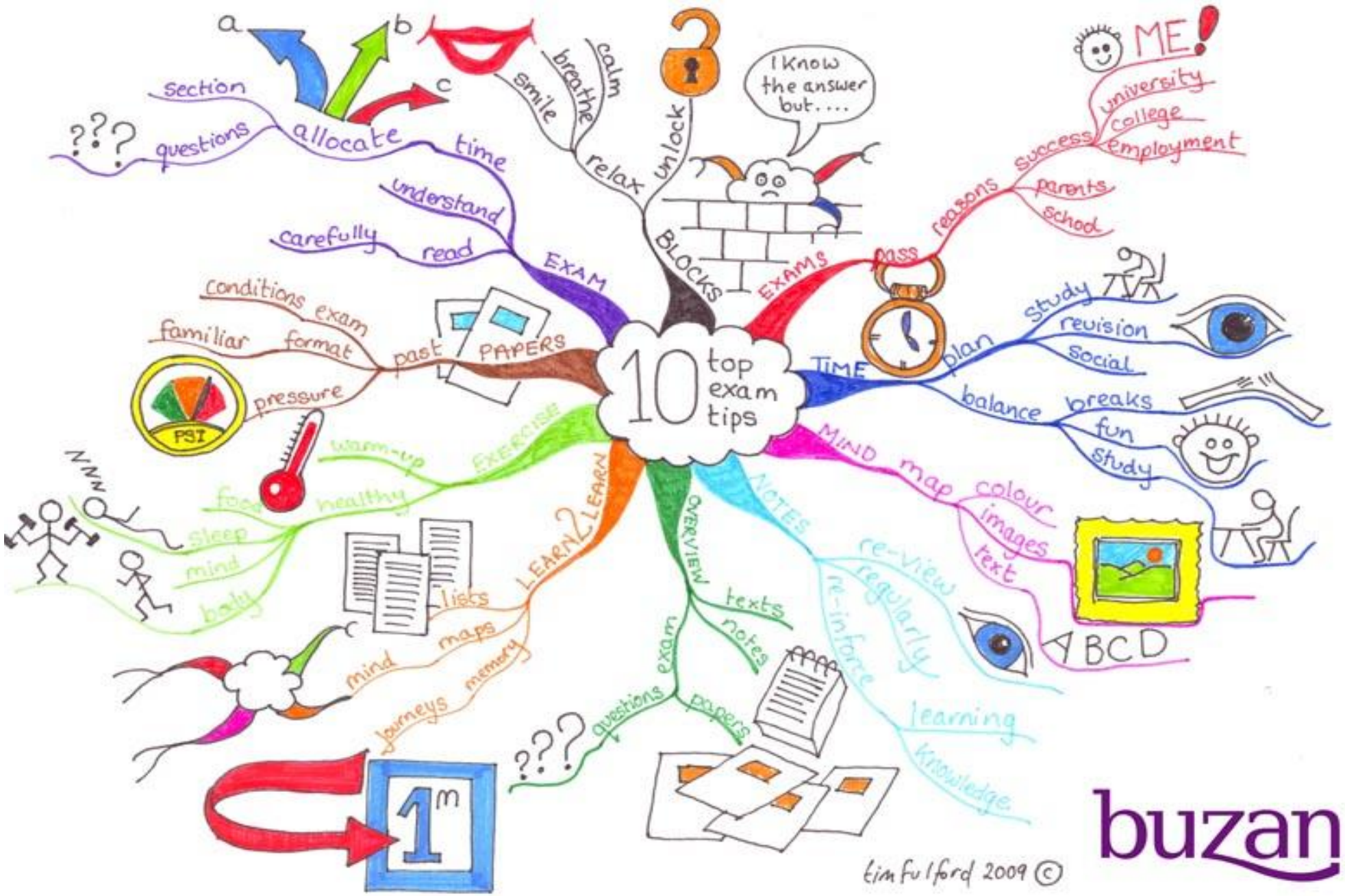
Images
use
Throughout
Branches on
Symbols
Colour



bloom
flow
ASSOCIATION
hierarchy
RADIANT
Reflects
YOU
1
2
3
clear
STRUCTURE
PAPER
landscape
blank
start
3+
USE
COLOURS
THINK ISLAND
BRAINTANIA
SEA OF CREATIVITY
THICK
THIN
C-O-N-N-E-C-T-E-D
ORGANIC
LENGTH = WORD
IMAGE
projects
people
themes
CODES
own
WORDS
CODES
IMAGES
SYMBOLS
Thru-out
FUN
1
Line
select
= 10%
PRINT
MAIN branches
CLARITY
emphasis
SIZE
IMPORTANCE


Mind Mapping
Dump Box
important thoughts not related to map go here
SHOW
Relationships
Connecting lines
??? Symbols
Color
Importance
Pictures
Dimension
Frame
Thick lines
BOLD
Organization
Structure
Personalize
Organic
Tree
Branches
Trunk
Roots
Nueron
Dump Box
Start
With Theme
Center of Page
Radiate Out
Use B.O.I's
Ideas
Ordering
Topic
RULES
No Rules!
Suggestions
Start
in center
Radiate Out
USE
Color
Pictures
Symbols ???
Key Words
BOI
No Sentences
Paper
White
Blank
Sideways
USES
Notes
Books
Lectures
Meetings
Organizing
To do list
Writing
Lectures
Preparing
For Tests
Meetings
Speeches
Intuitive
FLUID
FUN
Advantages
Introspection
Mental
Emotional
Spiritual
Balance
Fun
Memory
Recall
Access
Association
Concentration
Tips
Practice
Practice
Practice
Practice
EVOLUTION
1st Map
Fast & Sloppy
Brain Storm
STREAM OF CONSCIOUSNESS
2nd Map
Choose BOI's
Organize
Restructure
Improve BOI's
Add Pictures
3rd Map
4th Map
Redraw
Print Legibly
Add Pictures
Color
Emphasize
Experiment
Getting Unstuck
Shift Gears
Facts
Form
Feeling
Fantasy
Mental Walkaround
Illustrate
Pictures
Color
Emphasize
New BOI's
Organize
Connecting lines
Have Fun
Do Not Judge
Add Blue Hues


MIND MAP
USES
REVIEW
REVISION
ESSAYS
EXAMS
MAKING
TAKING NOTE
WHAT
GRAPHIC TECHNIQUE
CENTRAL IMAGE
BRANCHES
WORD
IMAGE
DETAIL ADDED
HOW
LINKS
COLOUR
IMAGES
WORDS
USE
DETAIL
BRANCH
MAIN
ADD
3+ IMAGE
CENTRAL
SHOW
PAPER
BORING
MAKE FUN +
COLOUR
RHYTHM
IMAGINATION



tim fulford 2009 ©

buzan

Exam Revision 10 Top Tips

1. Identify WHY we are sitting exams

2. Plan TIME for study, revision and social engagements (including breaks)

3. Mind Map using colour, image and text to maximise brain power and recall

4. Prepare and use NOTES with regular reviews to reinforce learning and knowledge

5. Overview work and study using TEXTS, NOTES and EXAMPLE questions

6. LEARN to LEARN using Mind Maps and memory journeys

7. EXERCISE, staying physically and mentally healthy

8. Exam practice to reduce pressure, increase performance and results

9. The real Exam, learn techniques for TIME planning, UNDERSTANDING and careful READING

10. Remove BLOCKs, staying calm, relaxed and focused

If you are a school, college or university who use Mind Maps

let us know so we can add you to our list!

tony.buzan@buzanworld.com

Schools, Colleges and Universities using Mind Maps:

Queen Mary - University of London

Costelloe Technology College

Haberdashers' Aske's School

Rhydypenau Primary

Christ the King Cathoilc Primary, Cardiff

Universidad Tec Milenio, Mexico

Vladivostok State University of Economics & Service ☺