

What is a Mind Map?

A Mind Map is a visual thinking tool that can be applied to all cognitive functions, especially memory, learning, creativity and analysis. Mind Mapping is a process that involves a distinct combination of imagery, color and visual-spatial arrangement. The technique maps out your thoughts using keywords that trigger associations in the brain to spark further ideas.

<https://imindmap.com/how-to-mind-map/>

Drawing Mind Maps

Drawing a Mind Map is a rather simple process once you have a grasp of the basic structure. It's in fact a process that requires very little step-by-step explanation. For that reason I will present it here as briefly as possible.

Here are some quick guidelines to help you draw your first mind map.

- Take a large sheet of paper and place it horizontally in front of you.
- Draw a reasonably sized (colored) memorable central image that represents the topic you are going to be mapping.



- Draw at least **four thick** organic looking branches radiating outwards from the central image. Make sure to use a different color to represent each branch.
- Write key-topic words along these branches that represent the central image and the topic you are mapping.
- Draw additional branches that extend from your main branches. The words on these branches are sub-topics of the words you wrote on your main branches.
- Keep expanding the mind map outwards with additional sub sub-topics/keywords and branches.
- Refer to the **mind mapping rules** presented within the next section to help improve your memory and recall of the information contained within the mind map you are creating.

For more information about drawing a mind map step-by-step see [Drawing a Mind Map from Start to Finish](#).

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