

# How to: Mind Map

**Summary:** *Maximize your creativity by mirroring your brain's processes to capture your thoughts and ideas.*

Tony Buzan invented mind mapping to capture thoughts in a way that mirrors how our brains work. Mind mapping is an invaluable technique for:

- Note Taking
- Project Planning
- Memorizing Subjects
- Creative Problem Solving

## The Basics

1. Write your Key Theme in a circle in the middle of the page.
2. Draw a short line extending from the circle and write your first thought that is linked with your key theme, using one or two words.
3. Add branches to the line for further connected ideas.
4. When you have exhausted your first thought, start a new line from the center circle with new ideas that are associated, but unconnected to the first line.

## Additional Techniques

1. Use different colored pens to differentiate branches and ideas. This helps you see how the map is taking shape, as well as making it easy to remember.
2. Highlight associated words and phrases with the same color highlighter. This helps you see if there are connected areas in different parts of the map.
3. When your ideas dry up, scan your map to see if anything is missing. Set it aside and revisit it later to see if there is anything you want to add. This helps your mind to come up with additional ideas when you least expect it.

