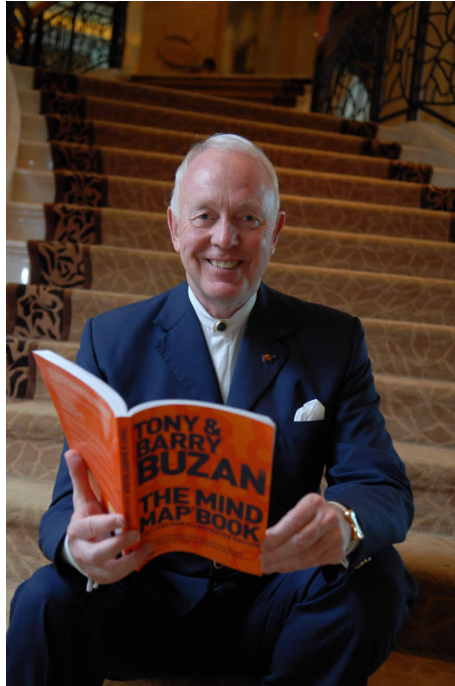


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Uses of Mind Maps

by Paul Foreman



Mind Maps ® were invented by Tony Buzan

Mindmapping helps us progress from "linear" (one-dimensional) through "lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.

Mind Maps help us to use both sides of our brain and encourage us to develop our creativity – they are also a fabulous learning tool and ideal for exam revision.

Learn, plan, create, develop, enhance, expand, memorise, - noticed something?

Lists are boring.

Using a Mind Map you can add images to make it more interesting and that helps your brain learn because it loves images!

You can use a Mind Map for ANYTHING!

It is the ultimate organizational thinking tool....

Back to boring list mode in a moment - what can you do with a Mind Map; well, the list is endless. Below are a few suggestions:

Boring list of exciting things coming up....

Shopping List
Dissecting a difficult text book
Exam revision
Study Skills
Planning
Learning
Creating
Memorizing
Essay writing
Management
Life Planning
Innovation
Exploration
Mental literacy
Improving memory
Problem solving
Increase brain power
Concentration
Motivation
Personal
Family

Business
Note taking
Note making
Decision making
Creative thinking
Job interviews
C.V. Planning
Speeches
Presentations
Organisation
Preparation
Brainstorming
Work planning
Idea generation
Inspiration
Imagination
Goal setting
Brilliant ideas
Meetings
Self-analysis

The list is endless – infinite in fact!

Now let's take a quick look at a Mind Map along similar lines, information wise, to the above list:

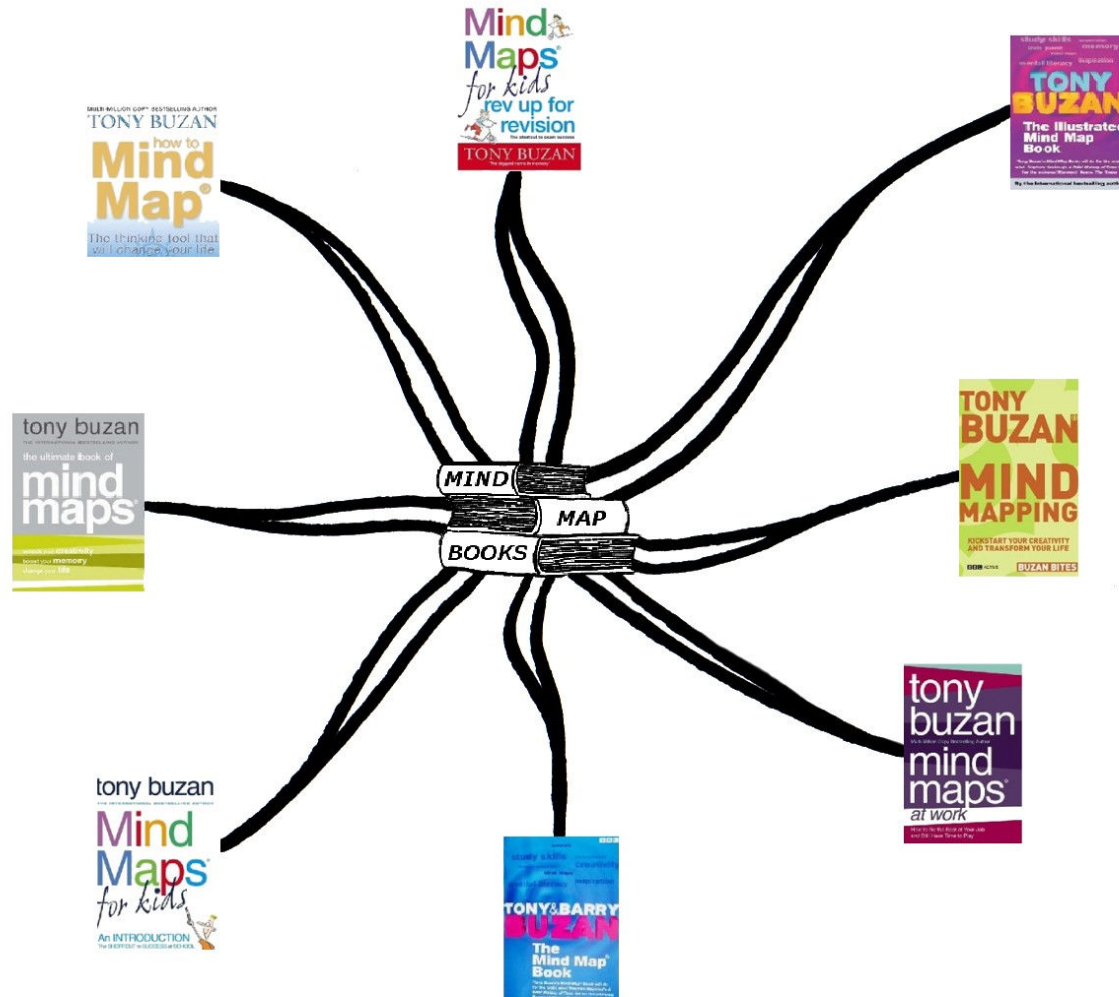


It is worth pointing out that the above Mind Map actually goes outside Mind Map rules:

Ideally, there should be one word per line, and the lines should be the length of each word. A central image should be used to convey the subject of the Mind Map and branches can stretch either side of the main branches, rather than simply floating underneath each line.

Check out the Motivation Mind Map below which is closer to Mind Map rules and you will see how much easier it is to view each branch

For more information here are some recommended Tony Buzan Books:



As you can see from the above ideas, you can use Mind Maps for anything you wish.

Unlock the potential of your brain - try a Mind Map today - in fact, why not try this:

At the end of your day try a mind map of "your day" and review what happened as an experiment. Mind Maps could be your new diary format.

This exercise will enhance your senses (as recommended by Leonardo da Vinci – read more in the book "How to think like Leonardo da Vinci")

Instead of thinking, well – nothing much happened at all really – you can review all that you saw, the noises you heard and what you experienced through all the other senses and you'll be amazed how much actually did occur.

Alternatively, you could sketch out a plan of what you intend to do today, tomorrow or next week or the rest of your life.

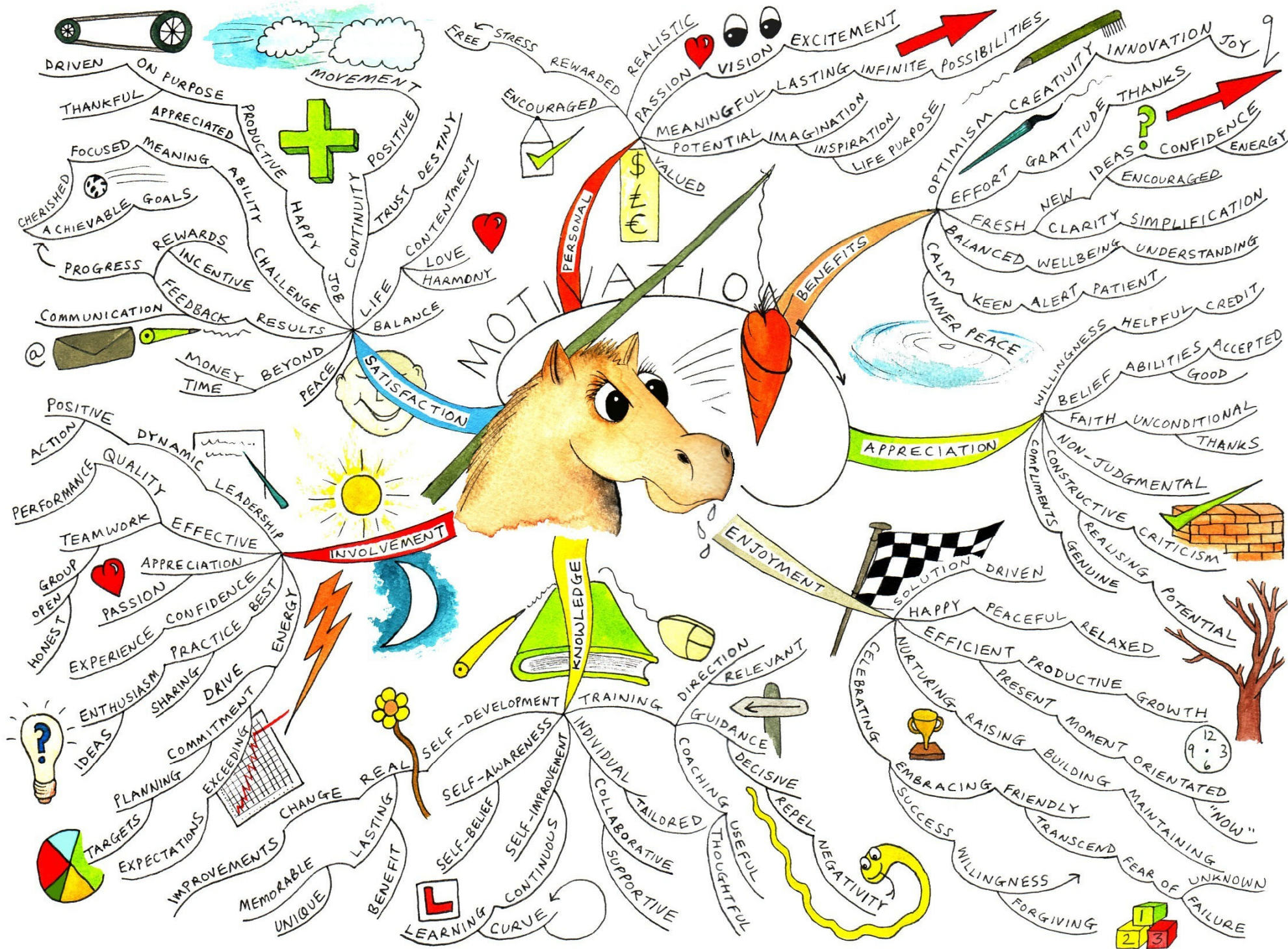
For more inspiration on how and what to use Mind Maps for

visit <http://www.mindmapinspiration.co.uk>

and the Mind Map Inspiration Blog at

<http://www.mindmapinspiration.com>

And finally – a Motivation Mind Map:



**To see more Mind Maps by Paul Foreman visit the
Mind Map Inspiration Website www.mindmapinspiration.co.uk**

and

**Subscribe to the Mind Map Inspiration Blog to receive
new Mind Maps, plus creativity and drawing tips.**

Blog at www.mindmapinspiration.com

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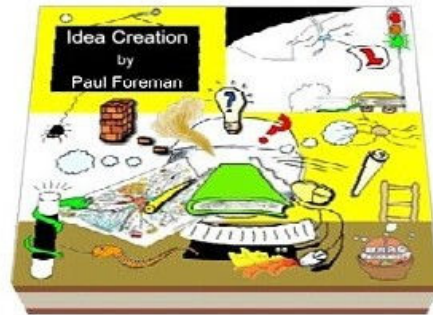
For more information see his books and visit the following websites:

www.buzanworld.com

www.imindmap.com

Idea Creation

101 Page E-Book £7.95



In this E-Book I share how I create ideas and help guide you towards the land of infinite possibilities.

Never be stuck for an idea again!

Contents

- Why simple is often best
- Fresh ideas
- Use thinking – don't let it use you
- Lifespan of an idea
- Simplicity of an idea
- Everything stems from a thought
- Planning ahead and the bigger picture
- Sparkling ideas
- Random thinking styles
- Creativity Toolkit
- Outside the box outside the box
- Ideas don't dry up – thoughts do
- Constant Daily Learner
- Land of infinite possibilities

Includes the following Mind Maps:

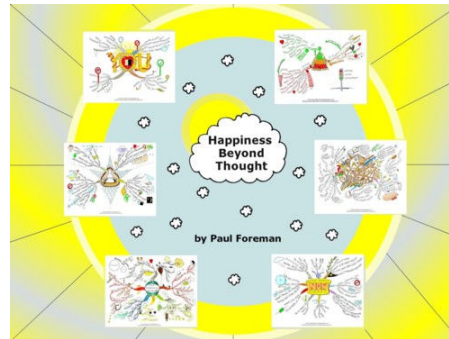
- 5W1H
- Idea Creation
- Topical Ephemeral or Practical Immortal
- Theory of the Brain
- Idea
- Planning Ahead and the Bigger Picture
- Sparkling Ideas
- What is Original?
- Thinking Styles
- Thinking styles template
- Creativity Toolkit Mind Map
- Planetary Thinking
- 360° Thinking
- Creative Focus
- Odd Combinations
- Thinking outside the Box
- Thinking outside the Box Checklist
- Curious Brain
- Constant Daily Learner

[illegible]

Mind Maps

Plus a few surprises!

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Discover true happiness and inner peace

Learn how to stop incessant thinking
and take control of your thoughts

Learn how to meditate, relax your
mind and body and foster inner calm

How to stay in the present moment

How to let go, find simplicity and
transform your life for good

Simple tips and strategies for
a harmonious and stress-free life

Includes:

Happiness is your primary state

Stop Thinking

Happiness is inside you

Go Within

Meditation

Organisation – Inner & Outer

Coming back to now (Present Moment Awareness)

Includes the following Mind Maps:

Happiness is your primary state

Stop Thinking Tips

Happiness is inside you

Go Within

Meditation

Organisation

Present Moment Awareness

Positive Acronym Your Name

Letting Go

Plus a Bonus Mind Map

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Choice Maker Game Board

Use the Choice Maker Game Board as a Random Choice Selector for idea generation, fun and more

Choice Maker Blank Version

The Blank version allows you to create unique Choice Maker Game Boards of your own

Boredom Buster Game Board

Select random hobbies, ideas, pastimes and interests; for occasional daytrips, days out, or lifetime pursuits

Chore Choice Game Board

Add a fun element to sharing out or selecting chores using the Chore Choice Game Board

Positive Thinking Game Board

Enhance your mood and create a positive thinking environment with the Positive Thinking Game Board

Theme Maker Game Board

Create ideas and storylines from the images within the Theme Maker Game Board

“My Favourite” Mind Map

Outline your personal favourites for a snap shot of your unique personality

Bonus Mind Maps

Two Bonus Mind Maps

Mind Map Game Board Image Set
(8 Individual Large Size JPEG Images)

You can print the images out in whichever size you wish and even laminate them for longevity