

This Mind Map appears in a Blog Post called

“How to Mind Map: A Beginner’s Guide”

by Adam Sicinski

at the IQ Matrix Blog

To see the Full Blog Post visit:

<http://blog.iqmatrix.com/mind-map/how-to-mind-map-a-beginners-guide>

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

and

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Blog at www.mindmapinspiration.com

Mindmaps ® were invented by Tony Buzan

**They help us progress from "linear" (one-dimensional) through
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.**

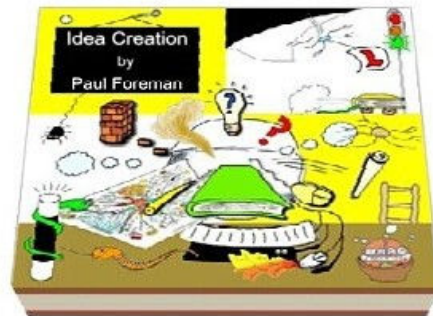
For more information see his books and visit the following websites:

www.buzanworld.com

www.imindmap.com

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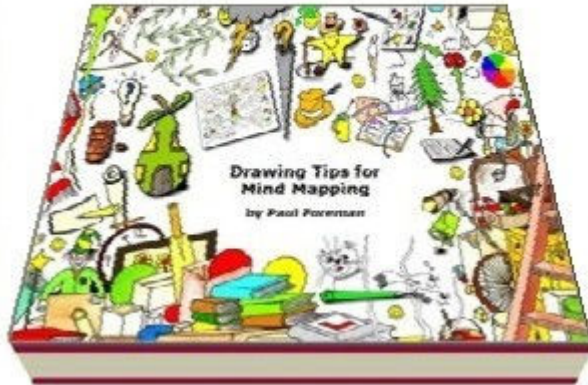
Why simple is often best
 Fresh ideas
Use thinking – don't let it use you
 Lifespan of an idea
 Simplicity of an idea
Everything stems from a thought
Planning ahead and the bigger picture
 Sparking ideas
 Random thinking styles
 Creativity Toolkit
Outside the box outside the box
Ideas don't dry up –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

Includes the following Mind Maps:

5W1H
 Idea Creation
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 Theory of the Brain
 Idea
 Planning Ahead and the Bigger Picture
 Sparking Ideas
 What is Original?
 Thinking Styles
 Thinking styles template
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 Odd Combinations
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Beginners guide

Colour wheel and use of colours

Suggested Equipment

Drawing Fish

Drawing Cats

Drawing Books

Using Stencils & Templates

Drawing Hats

Mind Map Templates

Drawing Curves & Shapes

Detailed breakdown of "Fantasy Mind Map"

Enhancing Creativity through Thought Reduction

Drawing Speed Tests

Drawing Faces

Lettering

Photo to Cartoon transfer

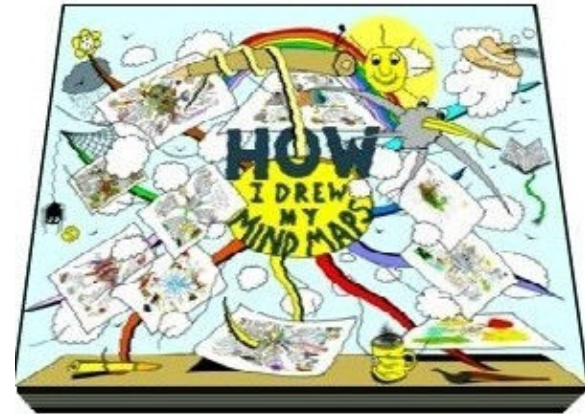
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Doodleboards

Mind Maps

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"How I drew my minds"

Including:

The thoughts behind the maps

Mind Map structure

What products I use

Tips and tricks for drawing

Colour placement

Image placement

Detailed image analysis

Illustration walkthrough step by step

Fast sketching

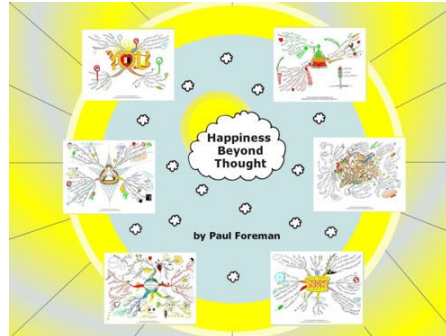
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Overlap and 3D

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transform your life for good

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a harmonious and stress-free life

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Stop Thinking

Happiness is inside you

Go Within

Meditation

Organisation – Inner & Outer

Coming back to now (Present Moment Awareness)

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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

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