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Watch the film. Tony Buzan – the creator of mind maps – shares tips on how to develop your inner creativity.

How using the mind maps can help you to synchronize cerebral hemispheres?

While taking notes in the traditional way only the left hemisphere, which is responsible for logical thinking, linearity, analysis, words, and numbers, is active. The use of symbols, colors and drawings, and the 3-dimensional effect, activate the right hemisphere, which is responsible for imagination, rhythm, spatial perception, colors, and seeing things as a whole, and both hemispheres start working in synergy.



Analyzing

What is the purpose of mind maps?

- note-taking (from set texts, classes, lectures, workshops, meetings);
- brainstorming (individually or in groups);
- studying and memorization – you can memorize so much more this way when compared to conventional notes (this note is personal, you used your own associations and style to make it);
- planning (from tasks for a particular day, up to large undertakings);
- researching and consolidating information from multiple sources (you are gathering everything in one place, on one page);
- presenting information (You do not have time to browse through a pile of notes while giving a presentation. Use just one sheet of paper with key words. One glance and you know what you should be talking about);
- negotiations (using a mind map during a meeting always arouses curiosity, you can write down all the arguments on it and show that they are easy to find and use);
- last but not least: jogging your creativity.

Want to know more reasons? Here is a list of 100 reasons to mind map:

<http://www.mindmapinspiration.com/100-reasons-to-mind-map-paul-foreman/>



Learn more

Observing

Learn about the principles for the creation of mind maps using the best examples.

Use this site to see more examples of the mind maps.

<http://www.mindmapart.com/>



[Learn more](#)

Manual exercise

The seven steps to creating a mind map (according to Tony Buzan).



Learn more

Summary

Summary

Got curious? You will find additional resources concerning mind maps and how they influence creativity and memory (+ more activities to train your brain) on [WhyBlueSky blog](#)

If you want to learn more, you can find several articles and research reports below.

Using a mind map as a task list:

<http://www.lifehack.org/articles/productivity/more-productive-using-mind-map-task-list.html>

The views of teachers about the mind mapping technique in school

http://www.academia.edu/1321808/The_Views_of_the_Teachers_about_the_mind_mapping_technique_in_the_Elementary_Life_Sci

Mind Mapping – Scientific research and studies ThinkBuzan LTD.

<http://b701d59276e9340c5b4d->

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