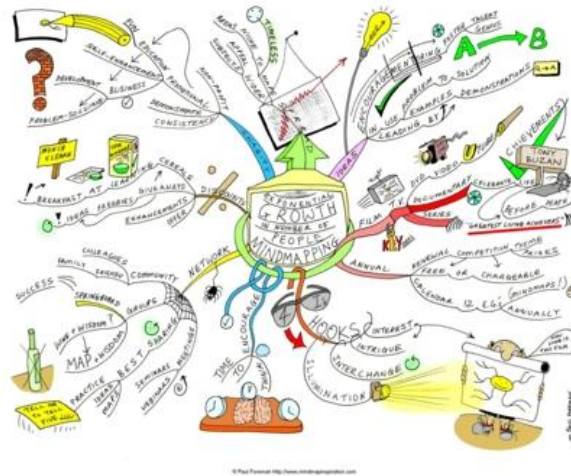


Learn How to Draw Mind Maps Step-by-Step

by Paul Foreman

1. Introduction
2. About Paul Foreman
3. Mind Map Example 1 – Another 24 hours, Another Special Day
4. Mind Map Example 2 – 50 Uplifting ideas
5. Mind Map Example 3 – Happy and Creative
6. Mind Map Example 4 – The Smaller Picture
7. How to create Mind Maps
8. How to draw a cartoon character in 5 Steps
9. Details of the “Drawing Tips for Mind Mapping” E-Book
10. 100 Reasons to Mind Map
11. Useful Resources



## Introduction

Mind Maps offer a wonderful way to explore your creativity and clarify your thinking, on both personal and business levels. Below you will find 100 Reasons to Mind Map (there are many more).

The mind map process encourages radial thinking, using links and associations, plus visual and creative exploration to progressively expand any given theme, in a multitude of directions.

Where a list can halt the thinking process, radial mind maps unlock new and wider avenues of expression.

This E-Book shares examples of some of the ways mind maps can help you. It also includes a walk-through demonstration of creating a hand-drawn mind map from Start to Finish, a quick guide to drawing a cartoon character, details about the “Drawing Tips for Mind Mapping” E-Book a beginner’s guide that will teach you how to draw plus links to other useful resources.

Next up is a brief introduction about me, Paul Foreman and the Mind Map Inspiration Blog and Website.



## About Paul Foreman

The [Mind Map Inspiration Blog](#) and [Website](#) by Paul Foreman offer example Mind Maps for inspiration and motivation, plus mindmapping tips, drawing tips, techniques for enhancing your creativity and improving idea generation.

Mind Maps sparked a way for me to use my creativity and share knowledge and ideas with others. I am self-taught and had to learn basic drawing from books and through trial and error. A pencil, a rubber and a determination for forming what you want to see on paper is all it takes – plus a degree of patience! ☺

Many of my Mind Maps are self-improvement related and this stems from my own personal experience and journey; they are derived from many years of intensive self-investigation and deep contemplation.

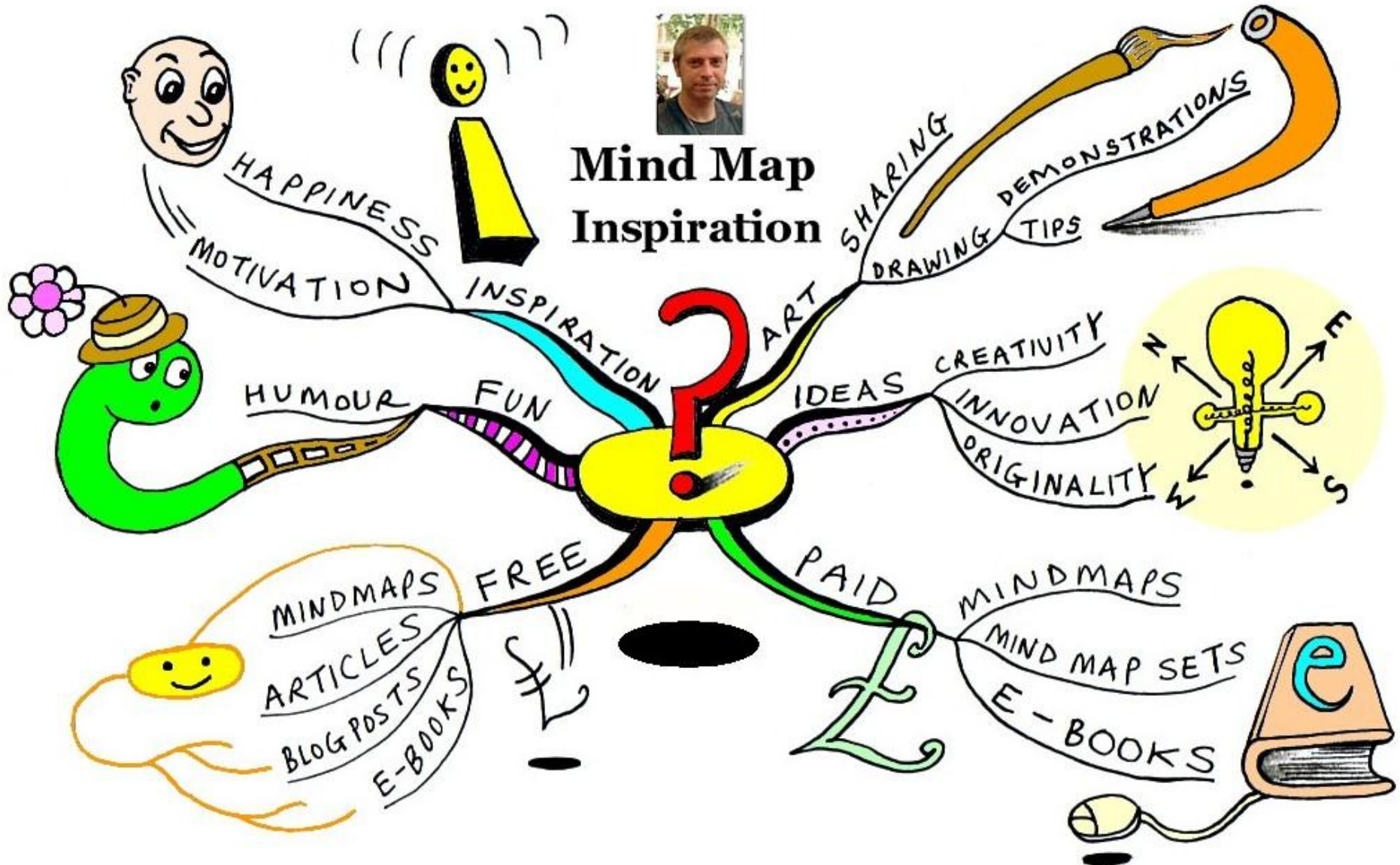
Most of my Mind Maps are A4, some are A3 and occasionally larger. I prefer working in ink and then either painting or adding colour by computer.

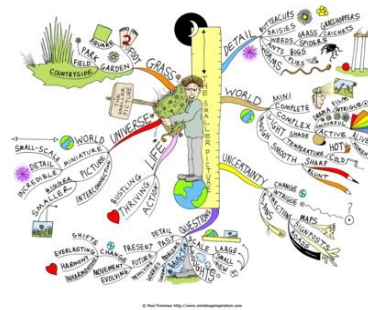
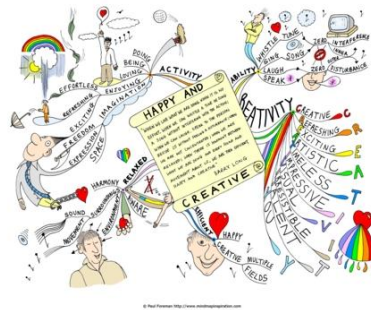
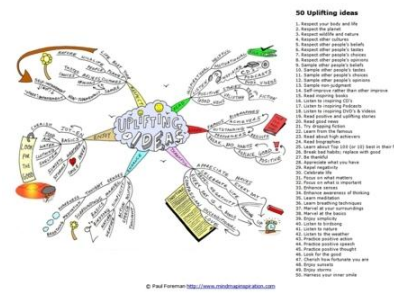
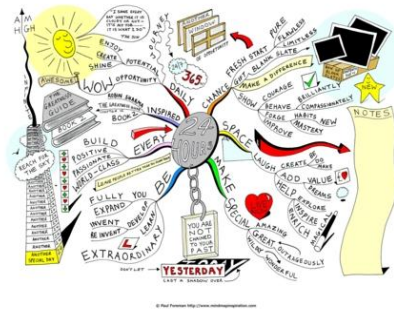
I am also co-founder of the Mind Map Art Website launched in April 2009 with [Adam Sicinski of IQ Matrix](#) which showcases artistic and creative Mind Maps from around the World. Visit: <http://www.mindmapart.com/>





# Mind Map Inspiration





## Hand-drawn Mind Map Examples

### Example 1 – Another 24 hours, Another Special Day

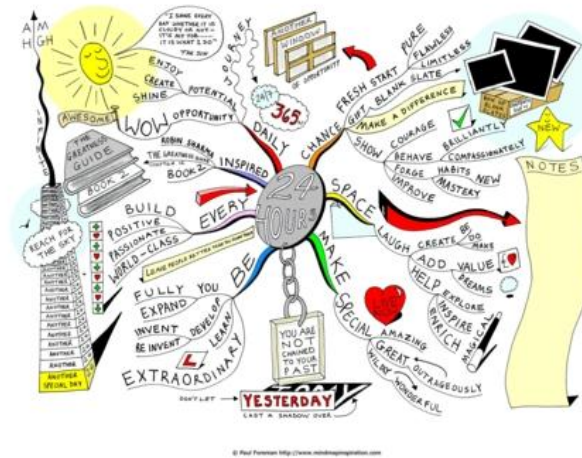
## Example 2 – 50 Uplifting ideas

### Example 3 – Happy and Creative

### Example 4 – The Smaller Picture







## Another 24 hours Another Special Day

Every 24 hours we have an opportunity to start again; begin a new day, make a fresh start.

Being fortunate enough to get another day is cause for celebration enough, yet we also get to decide what to do with it; what to do with our new special day.

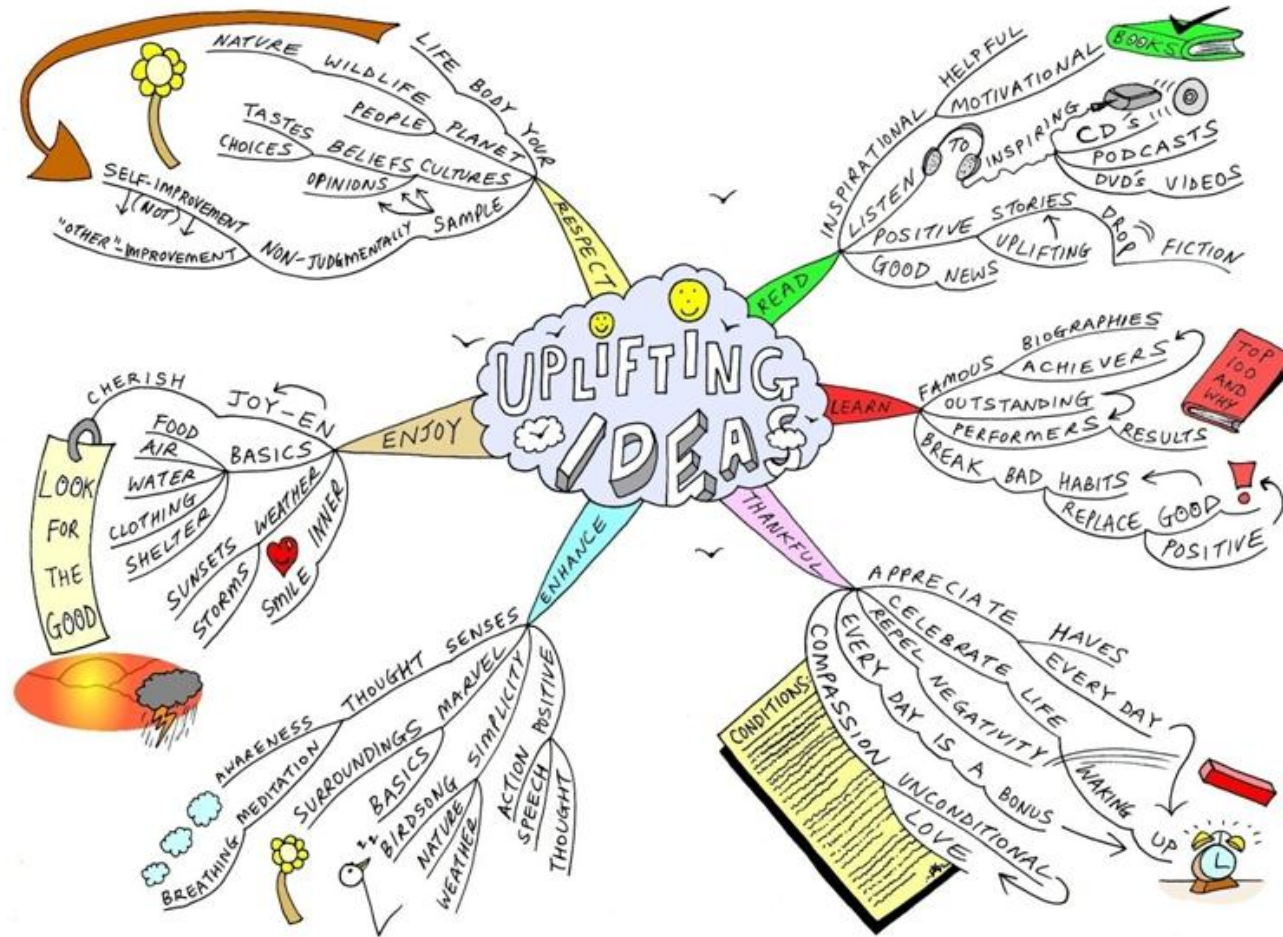
This Mind Map is a summary of Chapter 12, Book 2, of The Greatness Guide by Robin Sharma.

I hope it inspires you to read the two books and others by Robin Sharma and also to make the best you can of every day because every day is indeed special.

Visit the Robin Sharma Website for Business and Personal Success at:

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

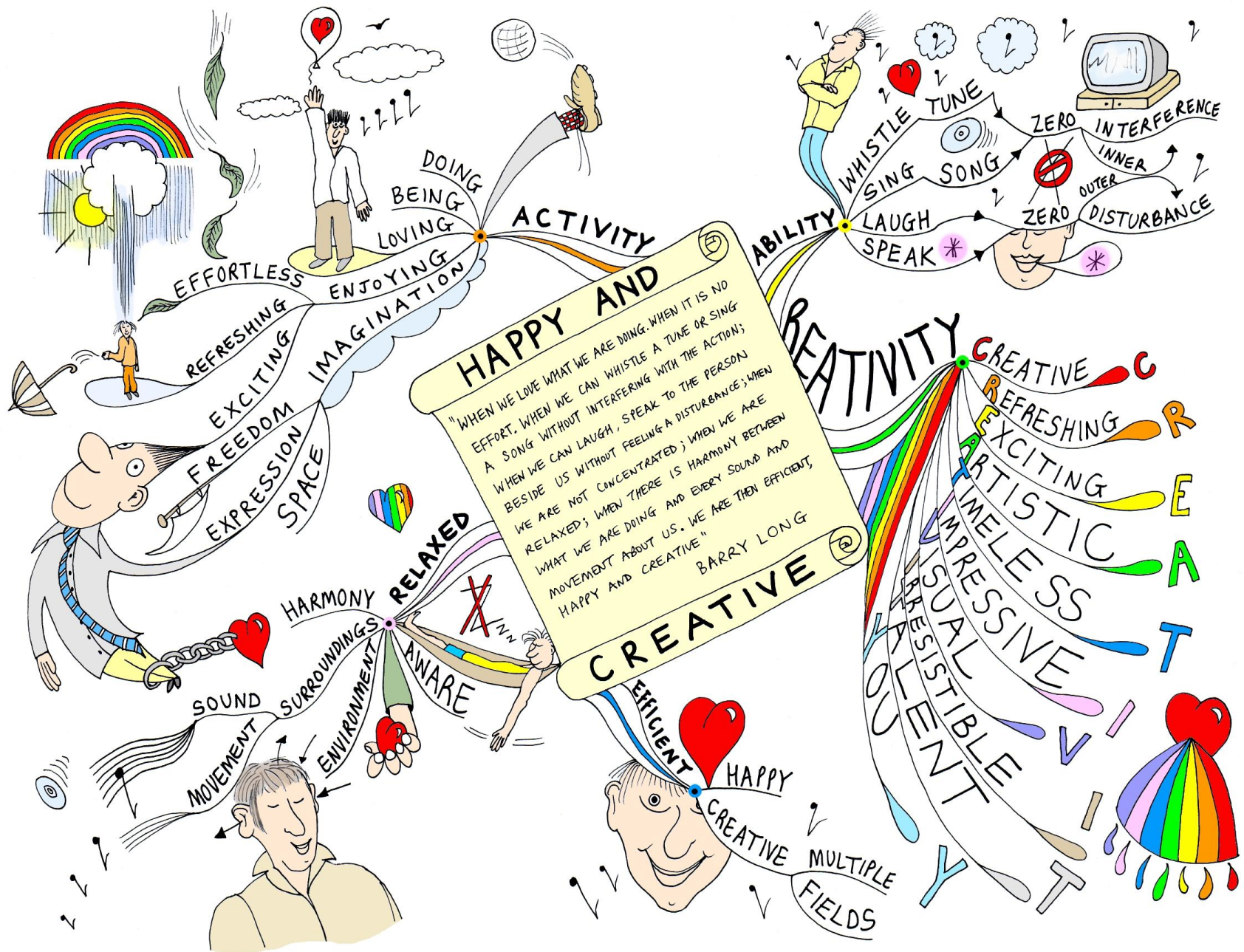




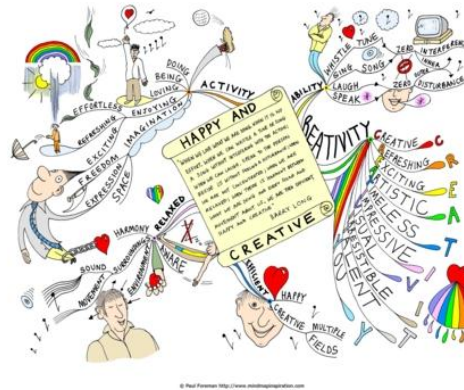
## 50 Uplifting ideas

1. Respect your body and life
2. Respect the planet
3. Respect wildlife and nature
4. Respect other cultures
5. Respect other people's beliefs
6. Respect other people's tastes
7. Respect other people's choices
8. Respect other people's opinions
9. Sample other people's beliefs
10. Sample other people's tastes
11. Sample other people's choices
12. Sample other people's opinions
13. Sample non-judgment
14. Self-improve rather than other improve
15. Read inspiring books
16. Listen to inspiring CD's
17. Listen to inspiring Podcasts
18. Listen to inspiring DVD's & Videos
19. Read positive and uplifting stories
20. Read good news
21. Try dropping fiction
22. Learn from the famous
23. Read about high achievers
24. Read biographies
25. Learn about Top 100 (or 10) best in their field
26. Break bad habits; replace with good
27. Be thankful
28. Appreciate what you have
29. Repel negativity
30. Celebrate life
31. Focus on what matters
32. Focus on what is important
33. Enhance senses
34. Enhance awareness of thinking
35. Learn meditation
36. Learn breathing techniques
37. Marvel at your surroundings
38. Marvel at the basics
39. Enjoy simplicity
40. Listen to birdsong
41. Listen to nature
42. Listen to the weather
43. Practice positive action
44. Practice positive speech
45. Practice positive thought
46. Look for the good
47. Cherish how fortunate you are
48. Enjoy sunsets
49. Enjoy storms
50. Harness your inner smile

© Paul Foreman <http://www.mindmapinspiration.com>







## Happy and creative

“When we love what we are doing. When it is no effort. When we can whistle a tune or sing a song without interfering with the action; when we can laugh, speak to the person beside us without feeling a disturbance; when we are not concentrated; when we are relaxed; when there is a harmony between what we are doing and every sound and movement about us. We are then efficient, happy and creative”

**Barry Long**

**“When we love what we are doing”**

Enjoying the moment!

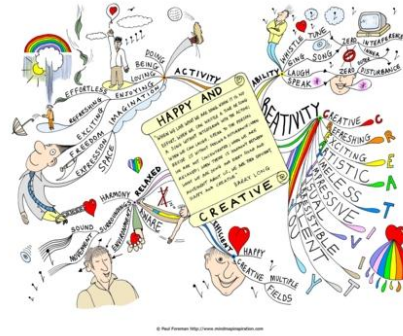
**“When it is no effort”**

Effortless doing and being!

**“When we can whistle a tune or sing a song without interfering with the action; when we can laugh, speak to the person beside us without feeling a disturbance”**

Unconditional acceptance!





**“When we are not concentrated; when we are relaxed”**

Absorbed in the moment!

**“When there is a harmony between what we are doing  
and every sound and movement about us”**

Connected to our environment!

**“We are then efficient, happy and creative”**

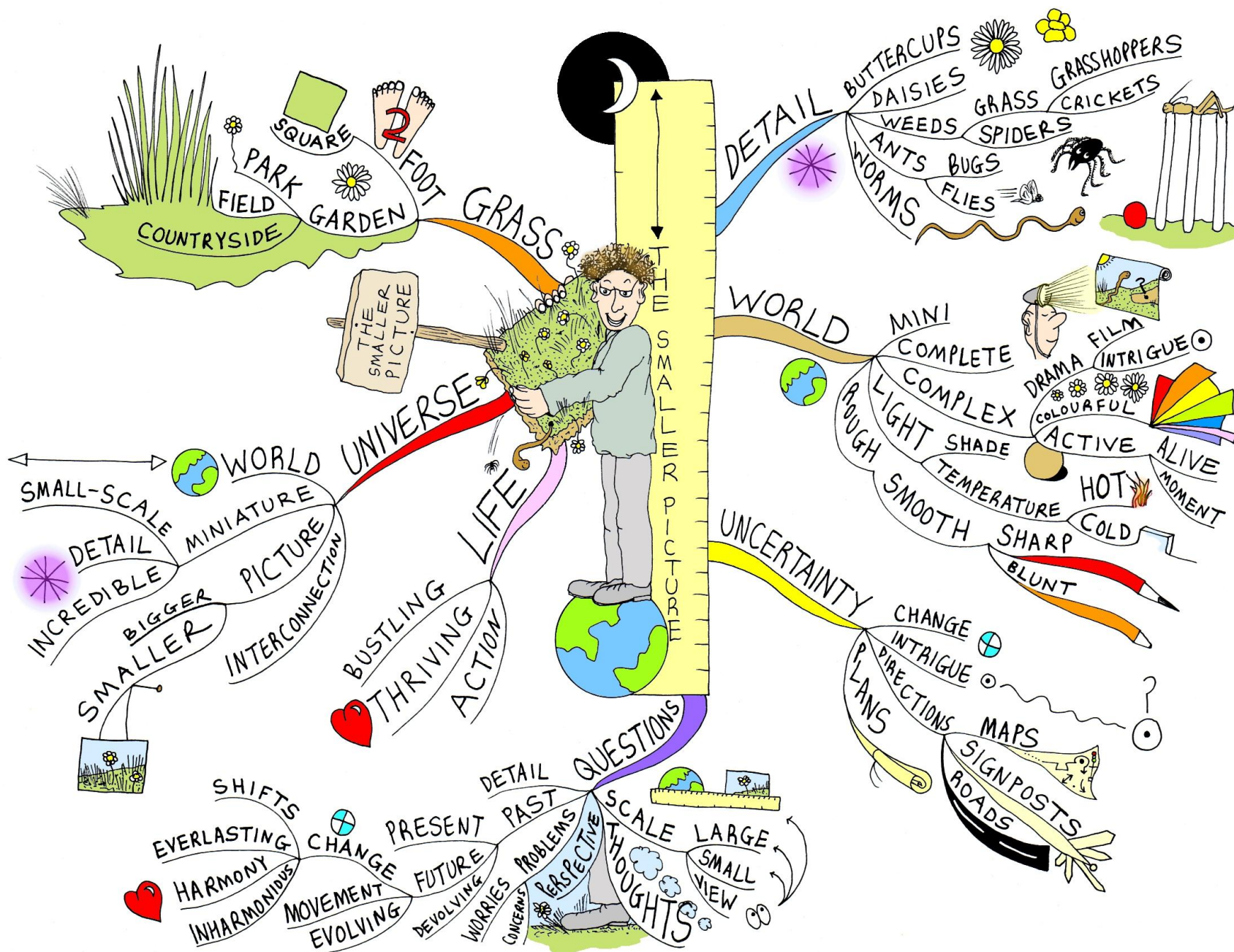
Happy and creative!

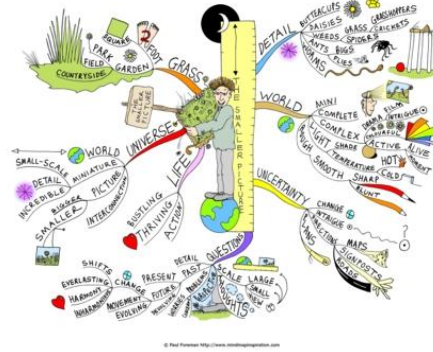
**Creativity:**

Creative  
Refreshing  
Exciting  
Artistic  
Timeless  
Impressive  
Visual  
Irresistible  
Talent  
You!

Creative in multiple fields.

Happy and creative 😊





## The Smaller Picture

Visit your garden, the local park, the countryside, or an open field and find a two foot square piece of grass. It doesn't matter which two feet – ideally where the grass is about two or three inches high.

# Welcome to the universe in miniature!

In any two foot square patch life thrives; bustling action, incredible detail, on a very small scale. From the growing grass, to buttercups, daisies and weeds, ants, bugs, flies, worms, even a cricket or grasshopper if you are lucky!

Welcome to the smaller picture – the finer detail beneath your feet; the helicopter view zoning in on a complete and complex world. A world of light and shade, hot and cold, rough and smooth, sharp and blunt; a place of colour, of stillness and action – aliveness captured in a moment – a mini film full of drama and intrigue. Where to next for the ant?

What life expectancy for the daisy?

How do they each know what to do and where to go?

Can you see fashion, signposts, directions, maps, houses or roads?

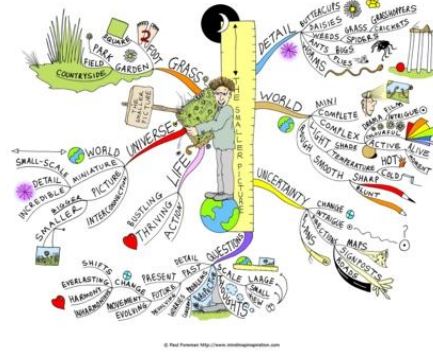
Is there a clear path or set plan? Or is the uncertainty intriguing?

Welcome to the land of questions on a small scale!

You can lose yourself in the detail or step back and see anew.

You can turn to view another world or leave the scene entirely.





A similar pattern emerges throughout the entire universe. Little things  
Happening on a big scale everywhere; mini moments coming  
and going, moving and changing, evolving and devolving.

The two foot square of grass signifies constant movement, everlasting change, the world shifting in harmony and sometimes out of harmony.

Irrespective of scale, change happens, life shifts. Change is easy to see on the small scale beneath your feet, not always so easy in your own little world if you lose sight of the larger scale. To the cloud in the sky you are the ant you study in the grass. To the moon you are dust or perhaps even invisible.

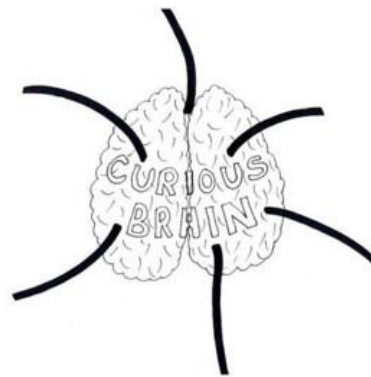
It puts your worries in perspective to consider the scale – from small to large with your little world somewhere in-between.

When you think you have problems it is worth stepping back a moment to consider the view down from the moon and up from the two foot square of grass; the life outside your thoughts.

You can live in the world or help build it – the scale is up to you.

You have the universe in the palm of your hand and the world at your feet.

Welcome to the smaller picture!



## Drawing a Mind Map

← **From Start**

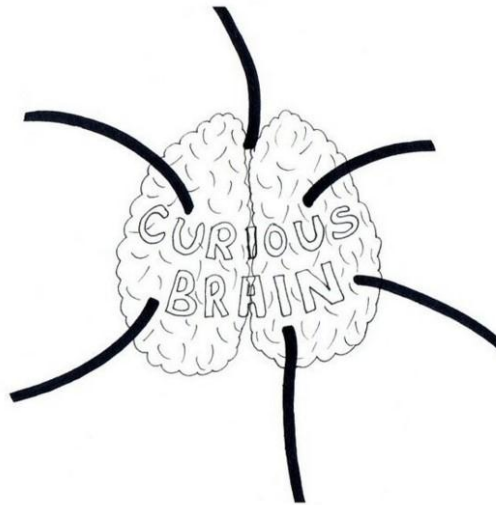
**to Finish**



As the subject matter for this Mind Map I decide to investigate what a “Curious Brain” is and how it could impact continual learning and development

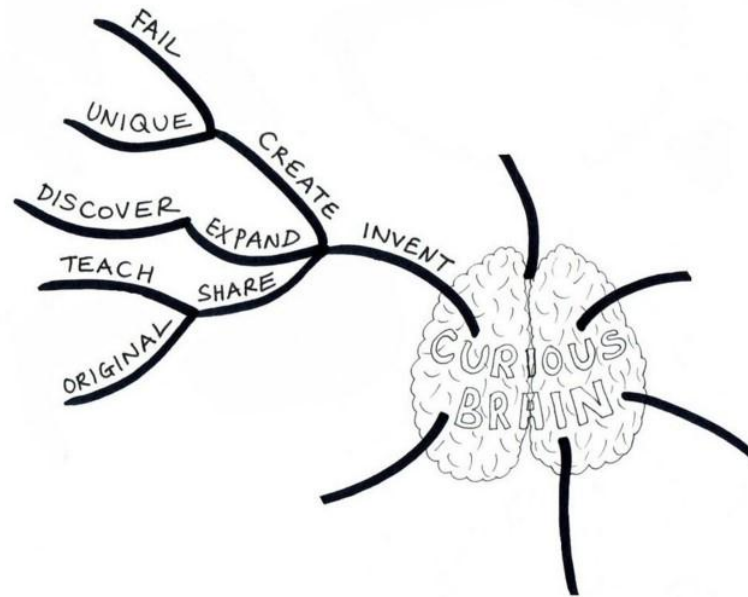
Starting with a central image that best represents the subject being explored; in this case I have used an illustration of a brain and have started to add main branches (initially I work in pencil so that adjustments can be made if necessary before adding ink and colour)

To avoid the Mind Map becoming crowded and particularly if you are using it as a memory aid, it is preferable to have no more than 11 main branches

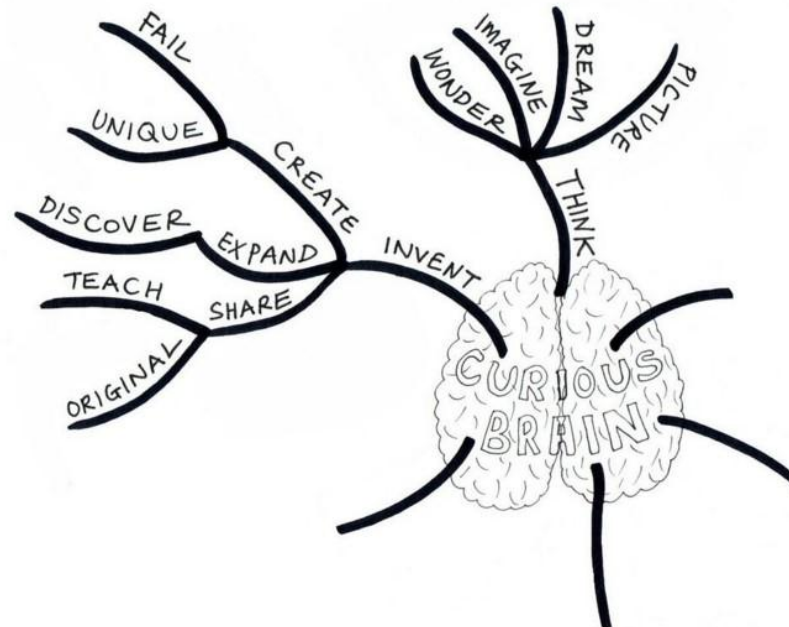




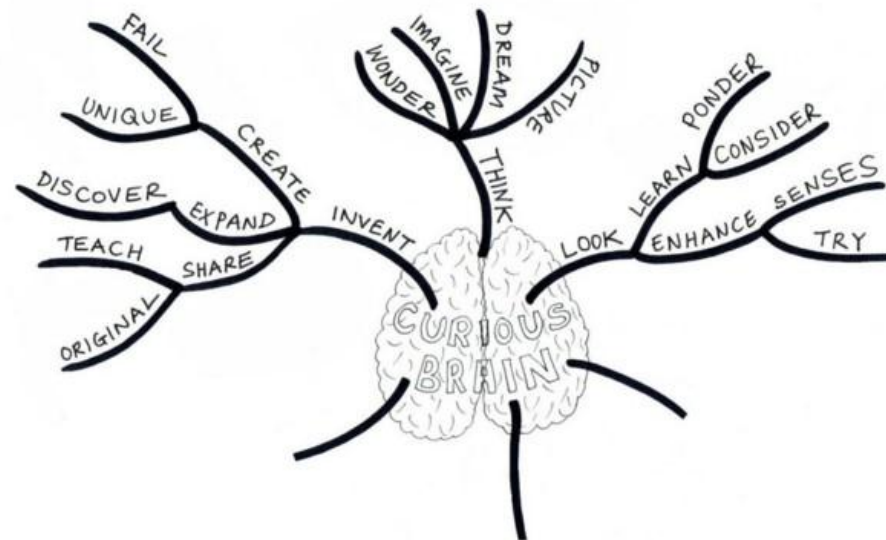
I start to consider what a Curious Brain is.  
The easiest way to investigate this is simply to start adding keywords and branching out without too much contemplation or the mind starts to think in a linear fashion.  
The beauty and diversity of using Mind Maps is that it encourages radial thinking which uncovers wider and more interesting ideas.  
From the starting point of “invent” I travel quickly to other words  
(it is best to use single words as a phrase can stop the train of thought)



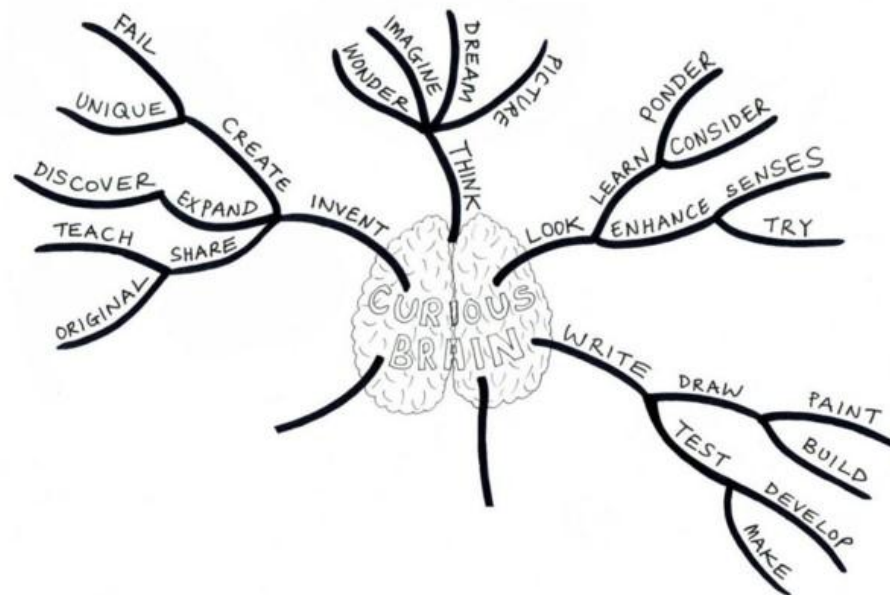
I add the word “think” as another main branch and then progress again by adding more main keywords



“Look” comes to mind, so I then add that keyword and branch out further

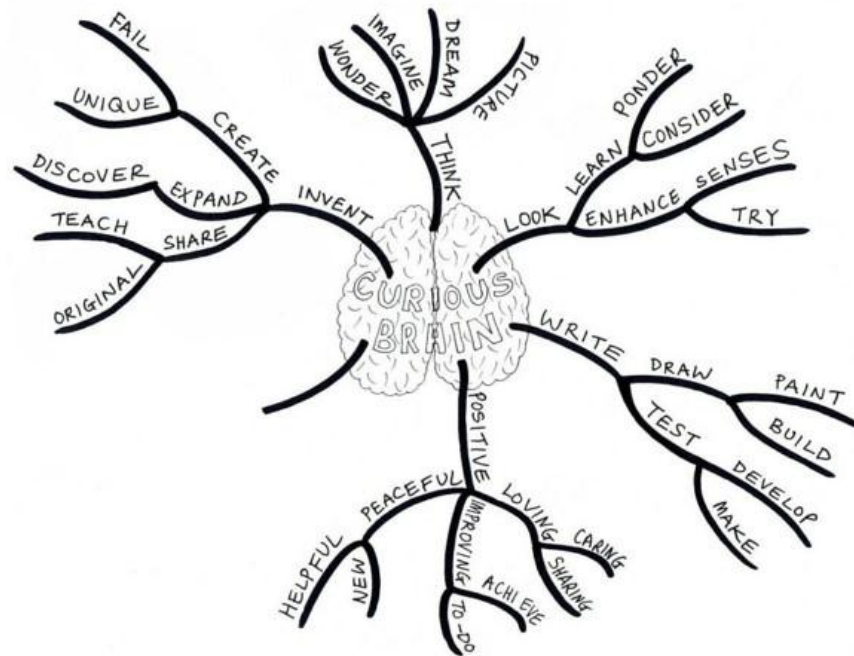


Same again for the word “write”





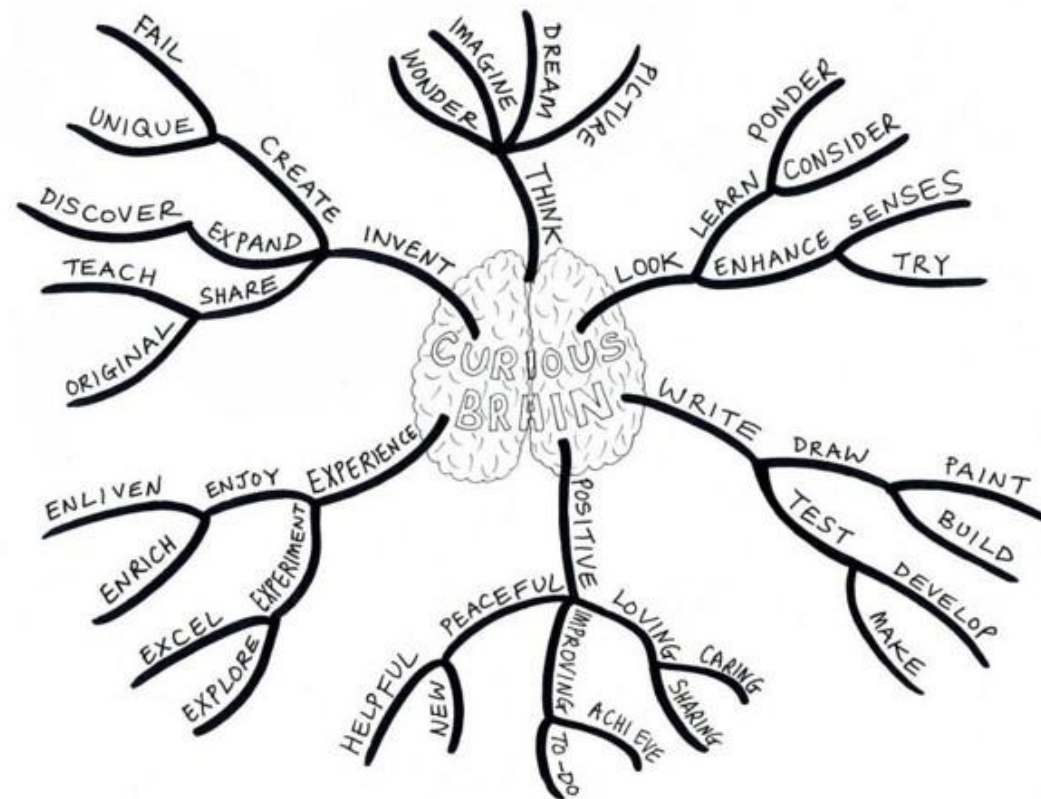
And “positive”



Followed by “experience”

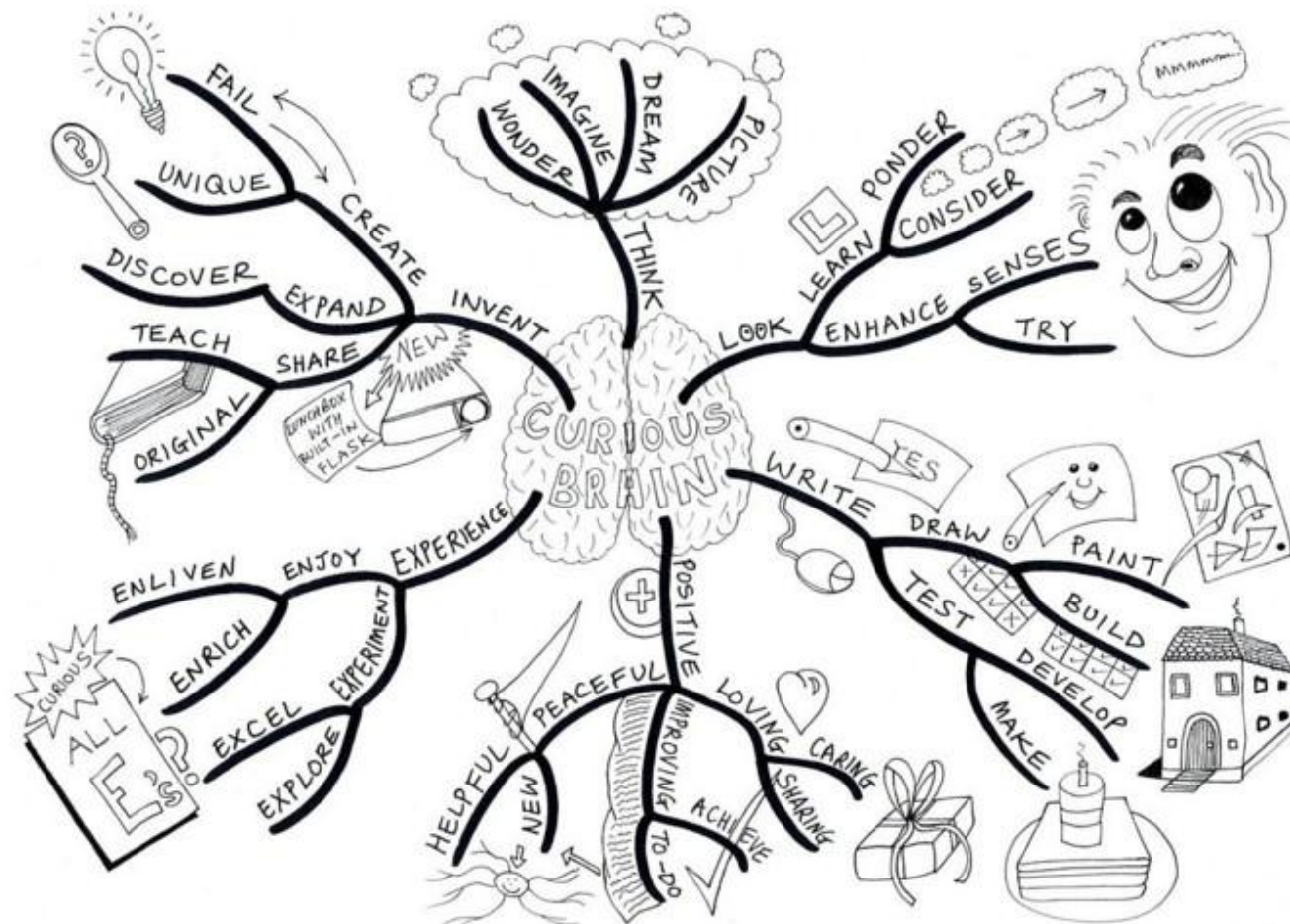
I could have added more main branches and even more words to each branch, as the system of Mind Mapping creates infinite possibilities, yet I decide I have enough branches for this particular Mind Map.

I have covered “Curious Brain” in my own unique way – if anyone else had Mind Mapped this subject they may well have formed an entirely different set of keywords and that is another fantastic element of Mind Mapping.



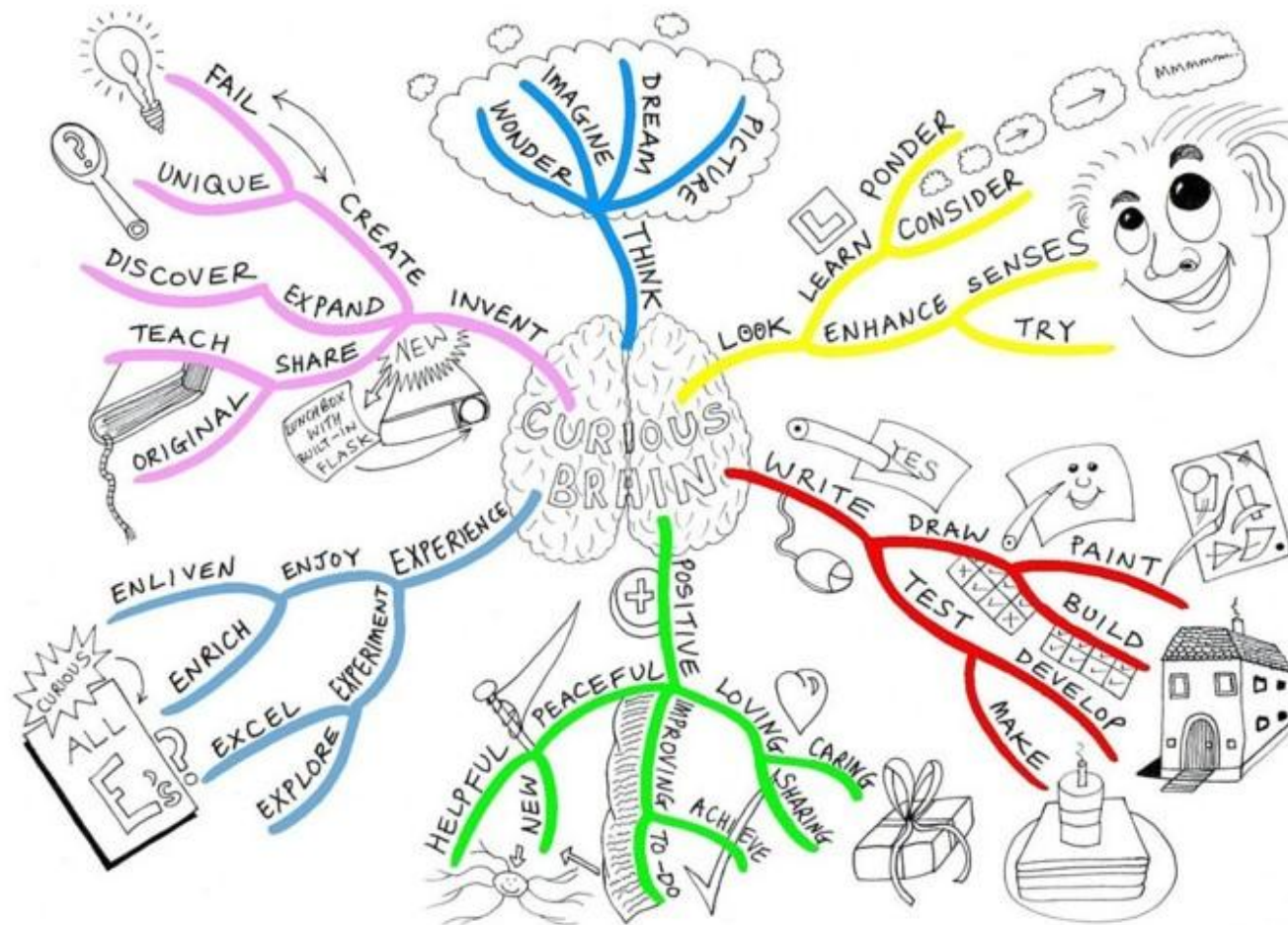
To make the Mind Map more memorable and exciting to look at I add sketches and illustrations, concentrating on simplicity. I always have in mind when adding pictures – what is the best or easiest way to represent the words and concepts. It is not necessary to illustrate every word and in fact, it is just as likely that the images get created when adding the keywords. I have split the tasks here for demonstration purposes only. Because Mind Maps use a combination of words and images they are far more brain-friendly than a list of text; brilliant for memorising information and fun to create.

Here is the Mind Map with sketches added.



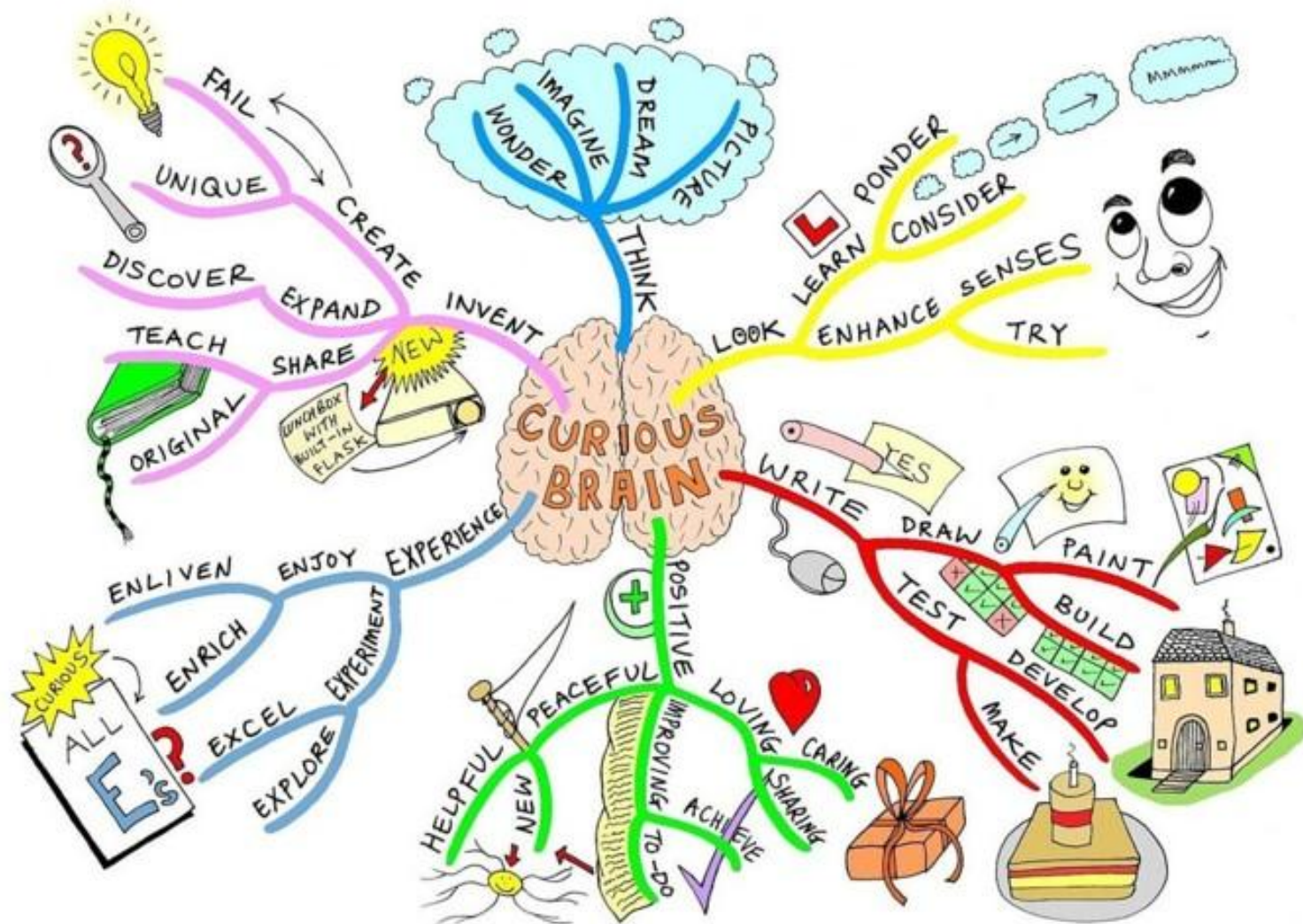
It is preferable to colour each branch differently. In this case, I used a very thick pen to create the branches and that helped when it came to filling the colour by computer.

Normally the main branches from the central image would be thicker working out to thinner branches as you add new words so that it is easy to see the main points.





I then add colour to the rest of the images to highlight the Mind Map.  
Two brilliant tips here are to use light colours and spread the colours fairly  
evenly throughout the Mind Map so that there is a good balance overall.



## Here are some basic Mind Mapping rules (in the [Tony Buzan](#) style)

Details extracted from WikIT – the Wiki for Mind Maps

(Visit <http://www.informationtamers.com/WikIT>)

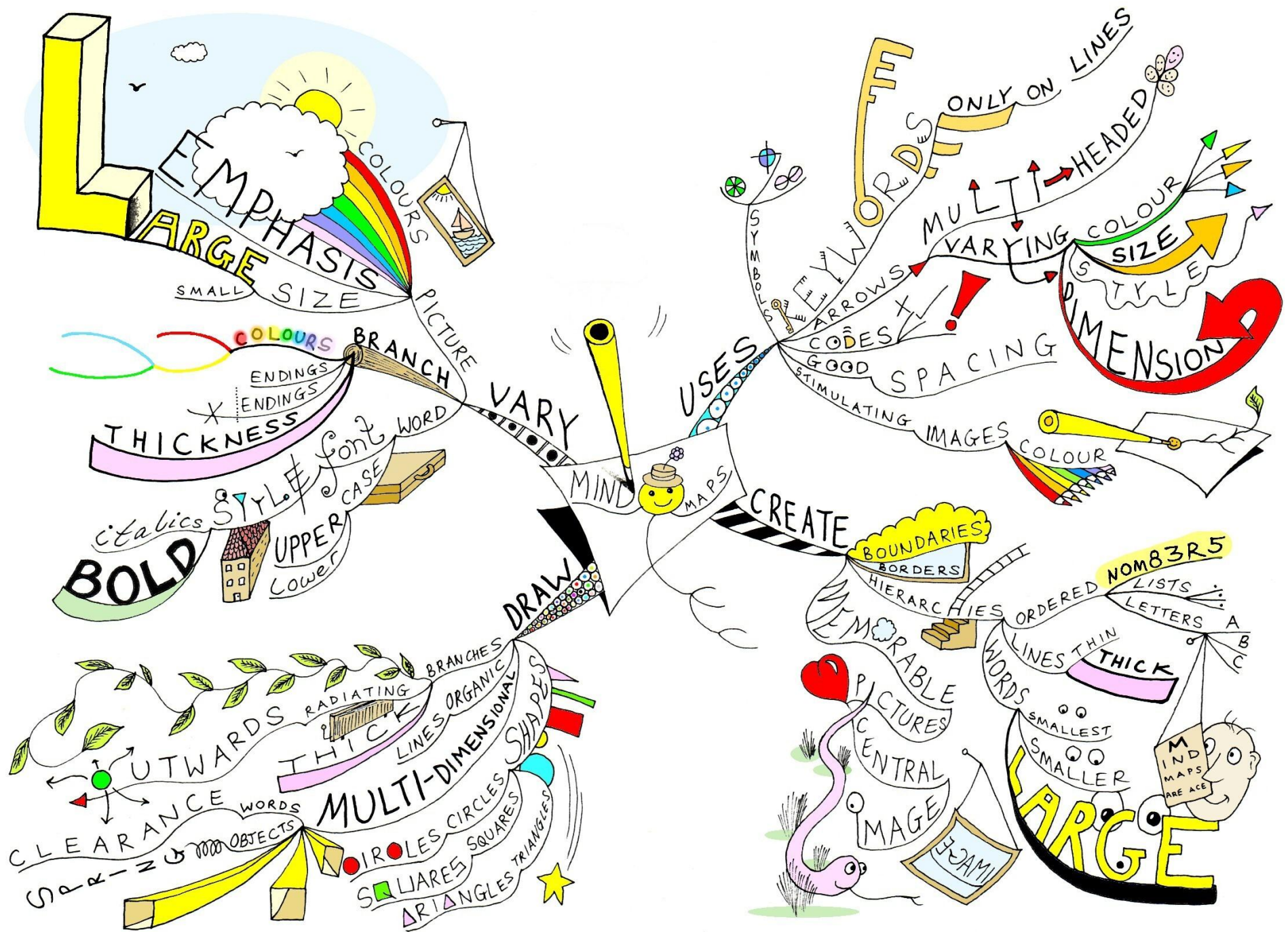
1. Start in the center of a landscape sheet of blank paper.
2. Use a picture for your central idea.
3. Use colors throughout.
4. Connect your main branches to the central image and connect your second-level branches to the first and so on.
5. Make your branches curved rather than straight-lined, the central lines being thicker, organic and flowing, becoming thinner as they radiate from the center.
6. Use one keyword per line.
7. Use images throughout.
8. Develop your own personal style of mind maps.
9. Use emphasis and show associations in your mindmap.
10. Keep the mind map clear by using radiant hierarchy, numerical order or outlines to embrace your branches.

### See also:

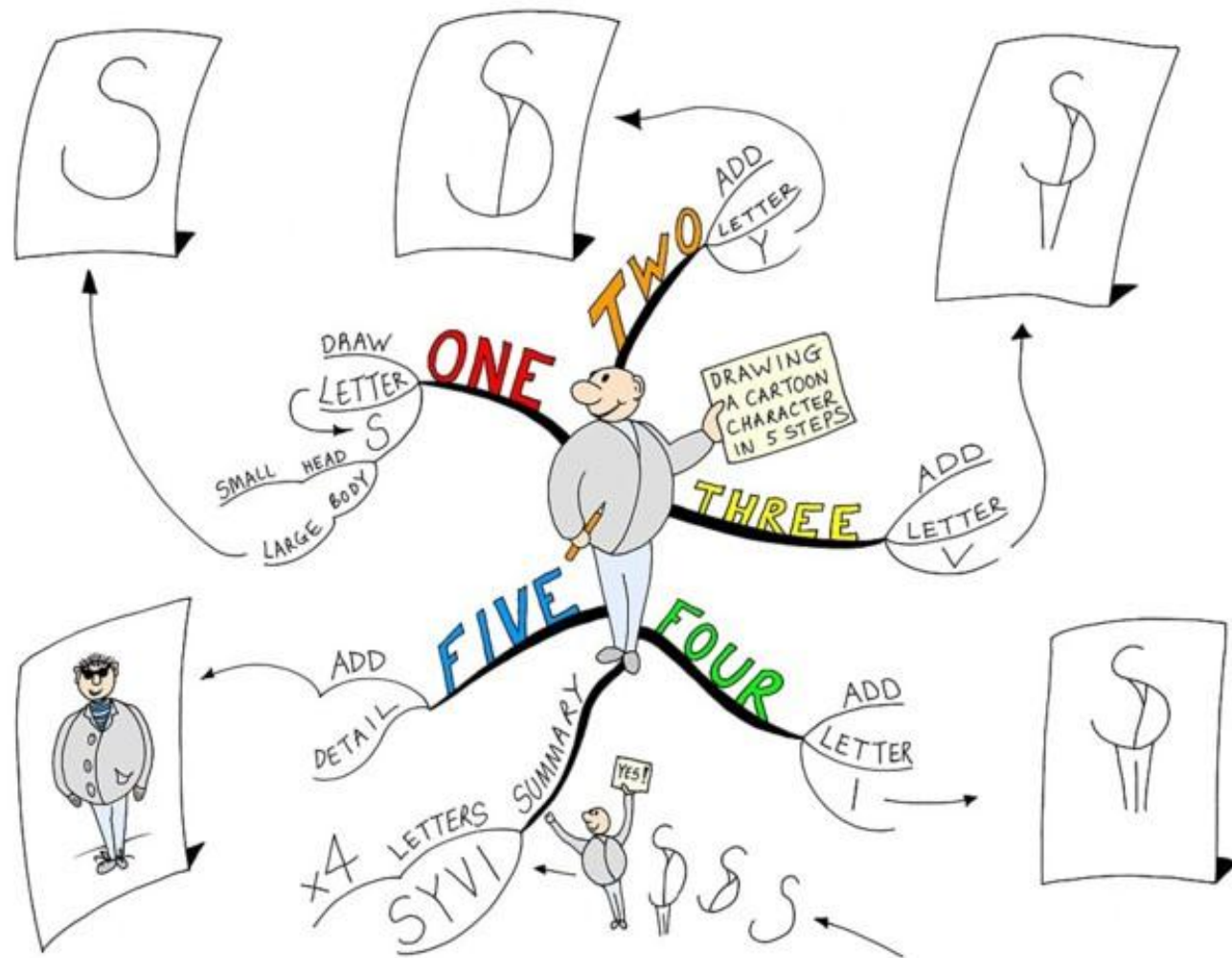
[“How to make a mind map”](#) – an excellent article at WikIT by [Roy Grubb](#)

On the next page is a summary of “How to Mind Map”

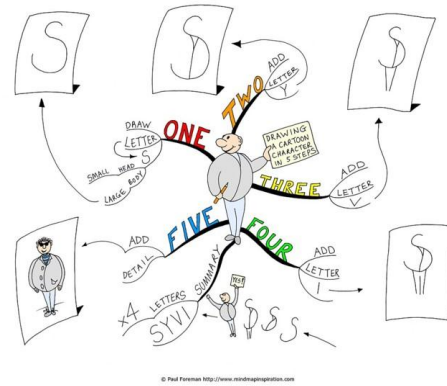




## Drawing a cartoon character in 5 steps







## Think you can't draw? Here is proof you can!

If you have never drawn a cartoon character before, this five step tip presented in a mind map will get you drawing instantly using only four basic letter shapes.

Using the letters S, Y, V, I – follow the steps in the Mind Map and start creating the foundations of a cartoon character.

You can add detail after drawing the basic shapes and even drop letters such as the Y to create alternative clothing.

Shifting the position of the letter Y will adjust the shape of the body and the direction it faces. Stretching the letter shapes will adjust the height and width of the character. The same four letters can provide infinite body shapes.

Will it work with other letters? Yes.

Will it work with basic shapes and invented shapes? Yes. You can build images on top of letters and shapes or within them. For example, you can experiment with a capital letter L and turn it into a leg and foot by adding shape around it.

Here are some further examples of the technique:



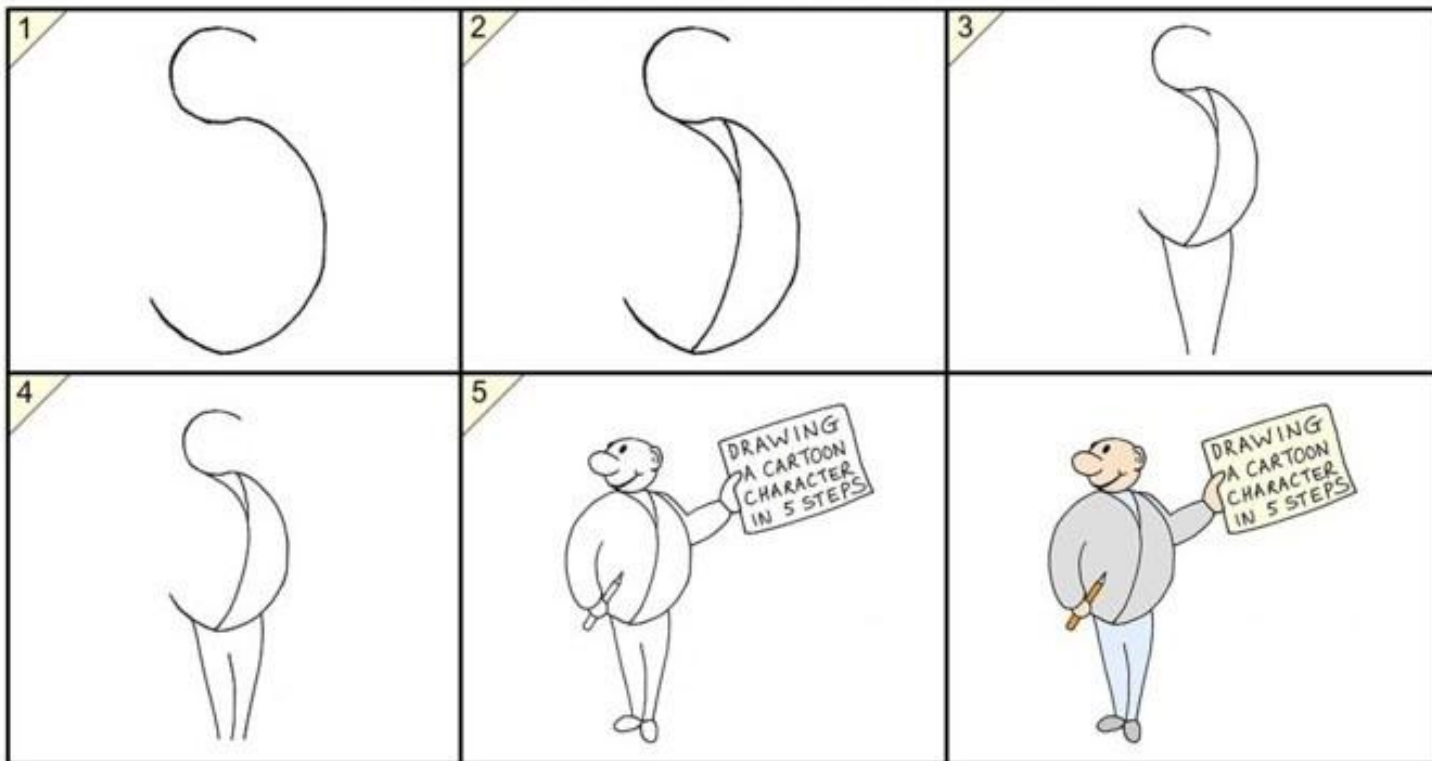
This tip will get you seeing shapes both around you and in photographs, allowing you to explore drawing other objects.

Experiment with flipping some of the letters such as the letter V to change the position of the legs.

Think of drawing being as easy as writing.

You can create basic letters – so you can also draw.

**Here are the stages in sequence:**



## "Drawing Tips For Mind Mapping" E-Book

## Colour wheel and use of colours

Discover the effects of colour and colour arrangement including how to make better use of the colours in your Mind Maps

## Suggested Equipment

Learn about the products I use to create my Mind Maps; including ideal paper choices, drawing pens, colouring inks and paints.

## Drawing Fish

Discover how easy it is to draw fish with a simple to follow step by step process

## Drawing Cats

Learn how to draw cats and perfect the art of drawing a great cat in under 45 seconds!

## Drawing Books

Learn how you can draw books with ease by following a simple stage by stage process

## Using Stencils & Templates

Explore how you can use stencils and templates to create unique characters, original cartoons and illustrations

## Drawing Hats

Learn how to draw hats and how you can use your imagination to create your own original drawings by applying the same principles to other drawing subjects.

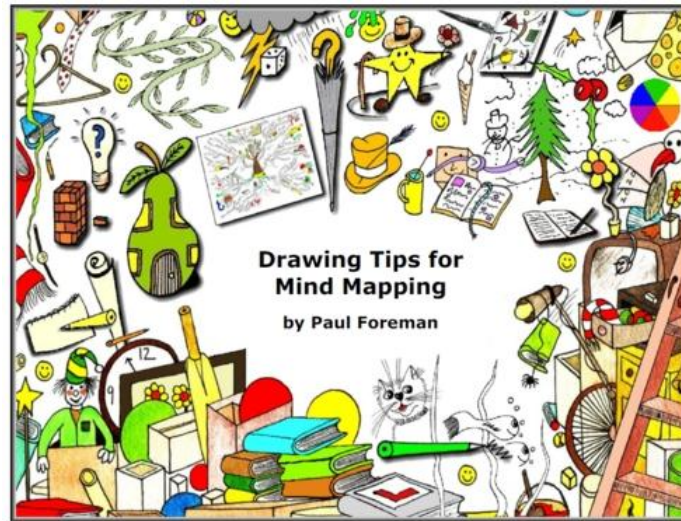
## Mind Map Templates

Learn how to create and use Mind Map templates for work, home and play.

## Drawing Curves & Shapes

Draw anything you wish in minutes by learning how to view objects and create your own unique illustrations and cartoons from simple lines, curves and shapes

## Beginners guide to creating simple cartoons and illustrations for Mind Mapping



**£5.95**

110 Page E-Book

Learn how to draw, use colour and enhance creativity through thought reduction

Hundreds of illustrations, tips  
and step by step processes

**To order visit:**

<http://www.mindmapinspiration.co.uk/#/drawing-tips-for-mind-mapping/4530377789>

### Detailed breakdown of “Fantasy Mind Map”

Learn how to create a complex Mind Map by following a step by step process - see how I created a Mind Map called "Fantasy" from scratch

## Enhancing Creativity through Thought Reduction

Discover how you can expand your creativity and  
idea generation through quietening your mind.

## Drawing Speed Tests

Learn how to draw cartoons and illustrations in seconds by using drawing skills speed tests

## Drawing Faces

Learn how to create faces and invent your own characters, cartoons and illustrations step by step

## Lettering

Discover how to create lettering, using simple tips and tricks including inventing your own alphabet

### Photo to Cartoon transfer

Learn how to draw cartoons and illustrations by viewing photographs and picture references

## Drawing Tips and Tricks

Discover how easily you can use simple tips, tricks and techniques to enhance your drawing skills and create your own unique and original Mind Maps

## Doodleboards

Learn how to create sketch doodleboards to constantly improve your drawing ability

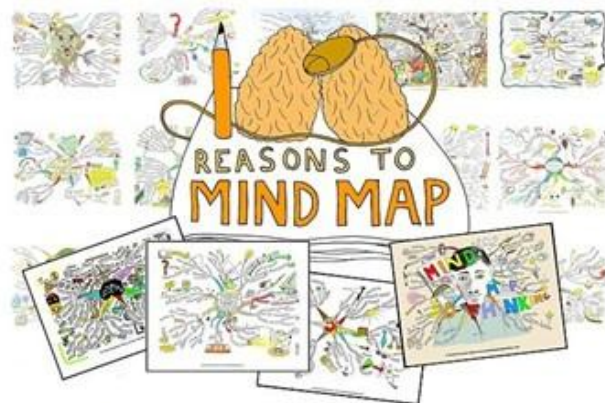
## Mind Maps

Discover how to apply Drawing tips and techniques to improve your Mind Maps



1. Explore a subject
2. Study & learn a new topic, culture or country
3. Plan your schedules
4. Innovate & invent
5. Create new ideas
6. Expand existing ideas
7. Tap your unique talents
8. Increase your brain power
9. Consolidate your existing knowledge
10. Summarise your skills
11. Plan your career
12. Plan your life
13. Plan your learning
14. Outline your business or a potential new business
15. Outline your writing
16. Outline your hobbies
17. Study, learn & pass exams
18. Boost your memory
19. Manage your day/week/month/year
20. Unlock your potential
21. Solve problems
22. Increase motivation
23. Take notes & create overviews
24. Develop your creative thinking
25. Plan presentations
26. Plan speeches
27. Fire up your imagination
28. Clarify your thoughts
29. Simplify your life
30. Summarise your budget
31. Create targets
32. Teach others
33. Improve thinking skills
34. Control time management
35. Plan story writing
36. Self-investigation
37. Plan an event
38. Summarise books
39. Plan recipes

40. Explore your past
41. Contemplation & relaxation
42. Researching
43. Planning your retirement
44. Freeing up your mind
45. Planning a party
46. Learn a new language
47. Plan your medications
48. Take meeting minutes
49. Explore existing knowledge
50. Map out your interests



51. Create instruction templates
52. Summarise humour & fun
53. Investigate what makes you happy
54. Investigate what makes you unhappy
55. Devise checklists
56. Analyse your dreams
57. Create acronyms for memorisation
58. Discover what you want to do with your life
59. Plan a blog post
60. Use as a therapy
61. Organise & bring order to daily life
62. Map out a holiday
63. Summarise an event or concert
64. Plan a website

65. Pinpoint your values
66. Unlock associations
67. Delve into your family tree
68. Plan your reading material
69. Organise house or business materials & paint colours/codes
70. Log car improvements
71. Pinpoint your goals
72. Categorise your Music CD's & DVD's
73. Discover new combinations
74. Outline daily tasks
75. Create teaching overviews
76. Plan & present your resume
77. Family planning & year summaries
78. Investigate lessons learnt from failures
79. Find your unique personal qualities
80. Research inspiring & successful people
81. Categorise crops, plants & flowers in your garden
82. Summarise content of videos/DVD's/Films/Talks/Speeches
83. Organise your favourite books
84. Organise your favourite websites
85. Explore potential answers to world problems
86. Stretch imagination & fantasy
87. Log home improvements
88. Plan foods & diets
89. Meal planning
90. Unearth hidden talents
91. Plan exercise regime
92. Explore the lives of geniuses
93. Research your idols
94. Research a business or niche
95. Create a journal of self discovery
96. Create a log of valuables & possessions, antiques & values
97. Log personal challenges
98. Take charge of your emotions & plan positive action
99. Plan Birthday & Christmas gifts
100. Organise your life



**To see Mind Map Examples visit:**

Mind Map Inspiration Website:  
<http://www.mindmapinspiration.co.uk>

Mind Map Inspiration Blog:  
<http://www.mindmapinspiration.com/>



## Useful Resources

Here are some useful links to assist you, including articles about mind maps, books about mindmapping and a list of online libraries where you can view mind map examples by others:

### **How to Mind Map: A Beginner's Guide**

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

### **Books about Mind Mapping**

<http://www.mindmapinspiration.com/mind-map-books/>

### **Larger list of Books about Mind Mapping at WikIT the Mind Mapping Wiki**

[http://www.informationtamers.com/WikIT/index.php?title=Books\\_about\\_mind\\_maps](http://www.informationtamers.com/WikIT/index.php?title=Books_about_mind_maps)

### **Advantages of Hand-drawn Mindmapping**

<http://www.mindmapinspiration.com/advantages-of-hand-drawn-mindmapping/>

### **Mind Map Software Website of iMindMap**

<http://www.thinkbuzan.com/uk>

### **Tips for how to summarise text with mind maps**

<http://www.mindmapinspiration.com/how-to-convert-text-to-mind-map-paul-foreman/>

### **Free mind mapping (and related types) software**

[http://www.informationtamers.com/WikIT/index.php?title=Free\\_mind\\_mapping\\_%28and\\_related\\_types%29\\_software](http://www.informationtamers.com/WikIT/index.php?title=Free_mind_mapping_%28and_related_types%29_software)

### **List of Mind Map Libraries containing 1000's of example mind maps**

<http://www.mind-mapping.org/mind-map-libraries.html>

To see more Mind Maps by Paul Foreman visit the  
Mind Map Inspiration Website [www.mindmapinspiration.co.uk](http://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](http://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 website:

<http://www.thinkbuzan.com>