

## How to Use a Mind Map

**Start with a Central Idea:** Write your main topic or goal in the centre of the page.

**Add Main Branches:** Draw lines outward for key ideas or categories.

**Expand Sub-Branched:** Add details, examples, or related concepts to each branch.

**Use Visuals:** Include colours, icons, or images to make it memorable and engaging.

**Review and Organise:** Look for connections or gaps to refine your understanding.

Have a go!

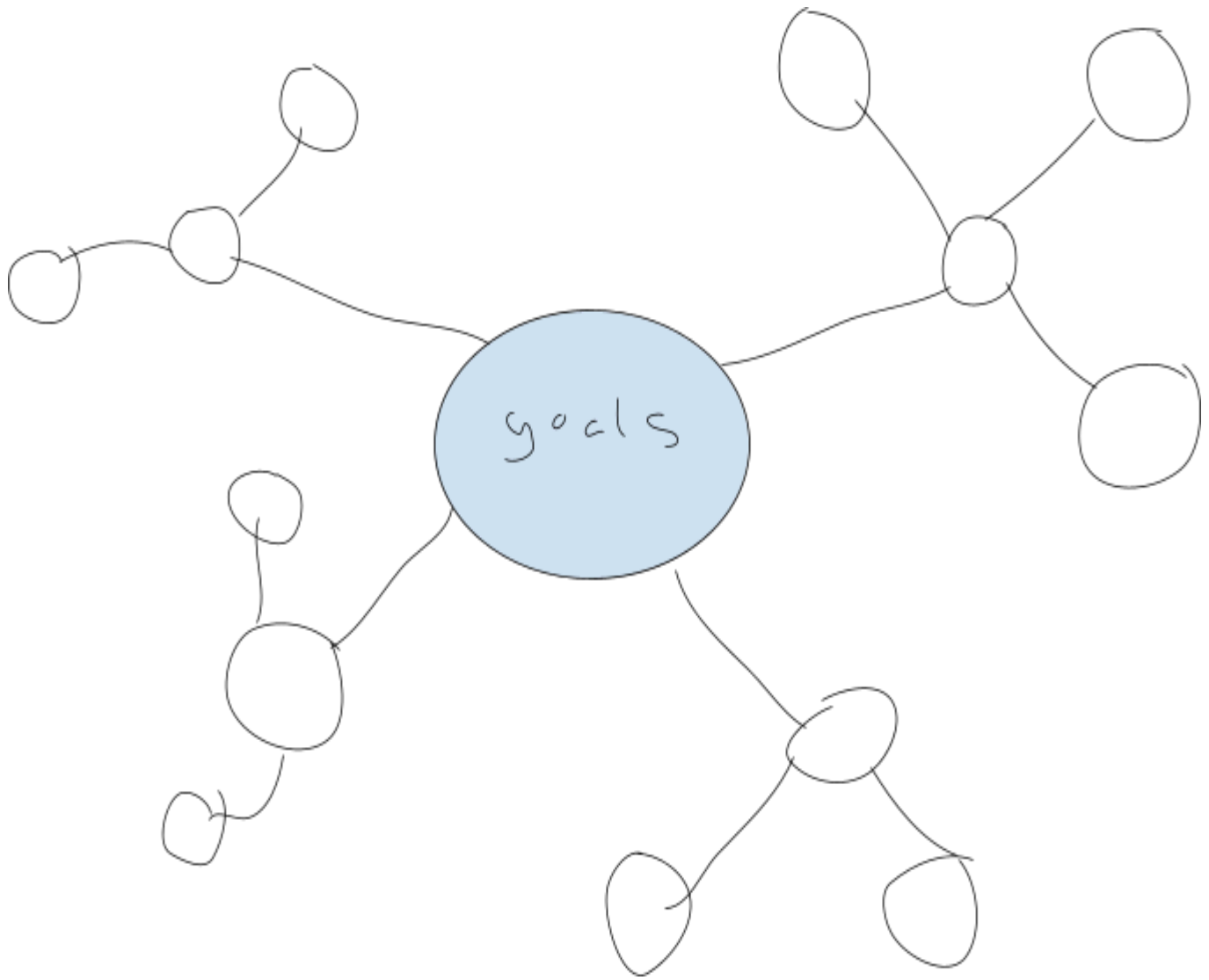
## Practice Worksheet: Create Your Own Mind Map

**Firstly, choose a central topic:** Write a topic in the centre of a blank page (eg: "*Personal Goals*")

**Next, add key ideas:** Draw branches radiating outward for main ideas (e.g health, career, relationships)

**Next, expand further:** Add sub-branches with details or related concepts (e.g for health, add exercise, diet, etc)

**Use colors and icons:** Highlight connections and make your map visually engaging.



**Review and Reflect:** Step back and look for new insights or areas to refine.