<http://blog.iqmatrix.com/wp-content/uploads/2009/03/benefits-of-mind-mapping-mind-map.jpg>

**The Benefits of Mind Mapping**

The benefits of mind mapping / visual mapping are extensive and far reaching — naturally expanding our psychological thinking capacity and ability to think laterally in any given situation.

Here are some of the prolonged benefits that serious/committed mind mappers who consistently use mind maps to clarify their thinking and organize their ideas gain on a daily basis:

* Improved capacity to see the bigger picture.
* Improved capacity to see detailed information.
* Improved capacity to remember complex information.
* Improved capacity to remember related chunks of information.
* Improved capacity to cope with mental clutter.
* Improved capacity to cope and manage periods of information overload.
* Improved imagination.
* Improved memory and retention.
* Improved levels of concentration.
* Improved note-taking ability.
* Improved level of interest in the content or subject one is studying.
* Improved problem solving ability.
* Improved capacity to manage academic workload. [see: smart study habits]
* Helps unlock hidden understandings within information chunks.
* Helps unlock unexpected creative insights and ideas.
* Helps save time.
* Helps make learning fun.
* Clarifies goals.
* Clarifies plans of action.
* Clarifies ideas.
* Clarifies habitual patterns of thinking.
* Triggers creative associations.
* Triggers comparison of facts, stats, data and ideas.
* And much more that is based upon personal experience and ability.

All the benefits presented above are of course open for discussion and interpretation. However, keep in mind that the true benefit lies with committing yourself to the act of using mind maps for a period of at least two weeks, and measuring the results for yourself.

Remember that you don’t necessarily need to be a [visual thinker](http://www.visualthinkingmagic.com/) to benefit from this process.

Visual maps don’t require the use of images, and can in fact be built entirely around keywords and phrases in a somewhat linear fashion. Either way, they will assist you to better organize and manage the plethora of information that you are exposed to every single day.