1. Click on following link: https://docs.anaconda.com/anaconda/install/index.html

2. If you have an Apple product click on the green "Installing on macOS", if you have a Windows product click on the green "Installing on Windows"
3. Follow the instructions
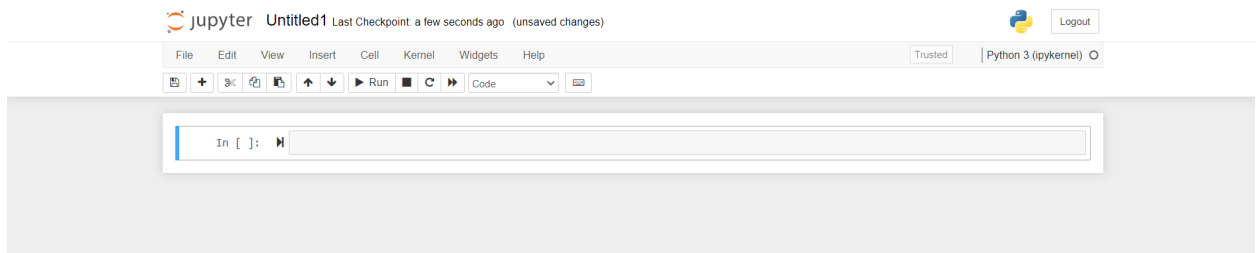4. Launch ANACONDA NAVIGATOR after you have installed the application

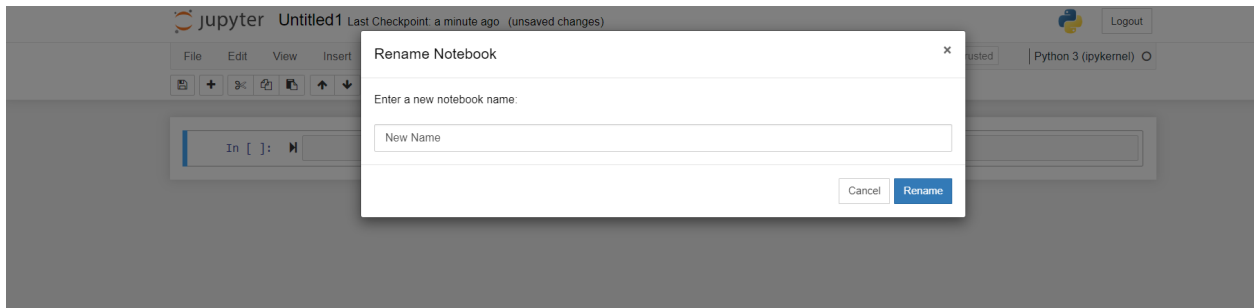5. Click on Launch button under Jupyter Notebook, this should open a new window on your browser

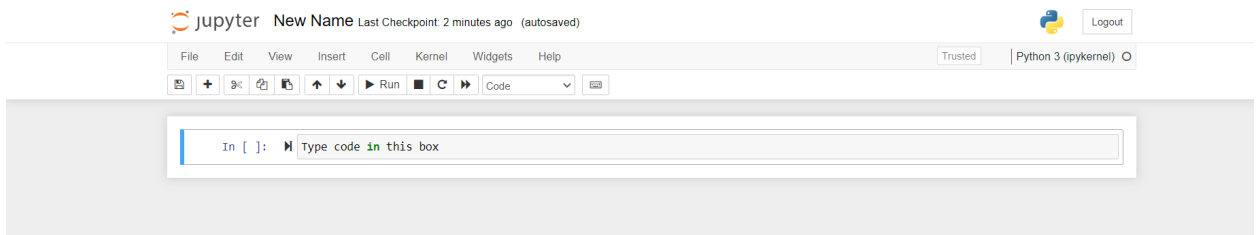6. To create a Notebook click on New to open the drop-down menu

7. Then click on Python 3 (ipykerner)

8. You can change the name of the notebook by clicking on Untitled 1, then typing the new name in the box

9. To write your code click on the gray box next to the arrow

10. You can add another box by clicking on the plus sign in the menu, or delete a box by clicking on the scissors