



NEXTLEVEL MEMORY

THE JOURNEY METHOD

MODULE 1

WHAT DO THESE PEOPLE HAVE IN COMMON?



Suresh Kumar Sharma with his certificates. He got into Limca Book of Records for memorizing 70,030 digits of the value of Pi

- Suresh Sharma, world record holder for memorizing and reciting 70,030 digits of pi (π)!



- Alex Mullen, fastest to ever memorize a shuffled deck of playing cards in 16.96 seconds!



- Ken Jennings, the most successful Jeopardy player of all time



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WHAT DO THESE PEOPLE HAVE IN COMMON?

- They're not savants or geniuses
- They do not have photographic memories
- Answer: They all use *The Journey Method*!



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THE JOURNEY METHOD

- The most powerful memory technique in the history of mankind.
 - Dates all the way back to ancient Greece and Rome
- This is the foundation for having a Superhuman memory.
- Best memorizers and memory athletes in the world use this technique.
- Schools do not teach this and it's a shame.



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THE JOURNEY METHOD

- The Journey Method is also called:
 - Memory Palace
 - Mind Palace
 - Method of Loci



WHAT YOU WILL LEARN IN THIS MODULE

- What Is The Journey Method?
- Using Checkpoints in Your Journey
- How To Easily Create Your Own Journeys in 4 Steps



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WHAT YOU WILL LEARN IN THIS MODULE

- NLM Formula = Review Images Attached to Checkpoints



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WHAT IS A JOURNEY USED FOR?

- A Journey is where you will store information in your mind
 - Think of it as a filing cabinet for storing information.
- In this video you will learn more about what a Journey is and how to create one. In the following modules, you will learn how to use them.



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WHAT IS A JOURNEY?

- I want you to imagine your childhood home.
- Imagine standing at the front door.
- See the door and its textures.
- Imagine opening the door and walking into the first room. Look around and see all the furniture. The couch, the TV, kitchen table, refrigerator. The emotions/nostalgia.
- Walk down the hallway and in and out of all the rooms, closets, and hallways.
- That is a Journey...



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WHAT IS A JOURNEY?

- A Journey is a place that you know well enough to imagine being there and “walking” through it.
- It can be any place that you know well.



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WHAT IS A JOURNEY?

- A Journey can be any place you know:
 - House/apartment
 - Where you work
 - Store, School
 - A walking path
 - Driving route
 - Park



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WHAT IS A JOURNEY?

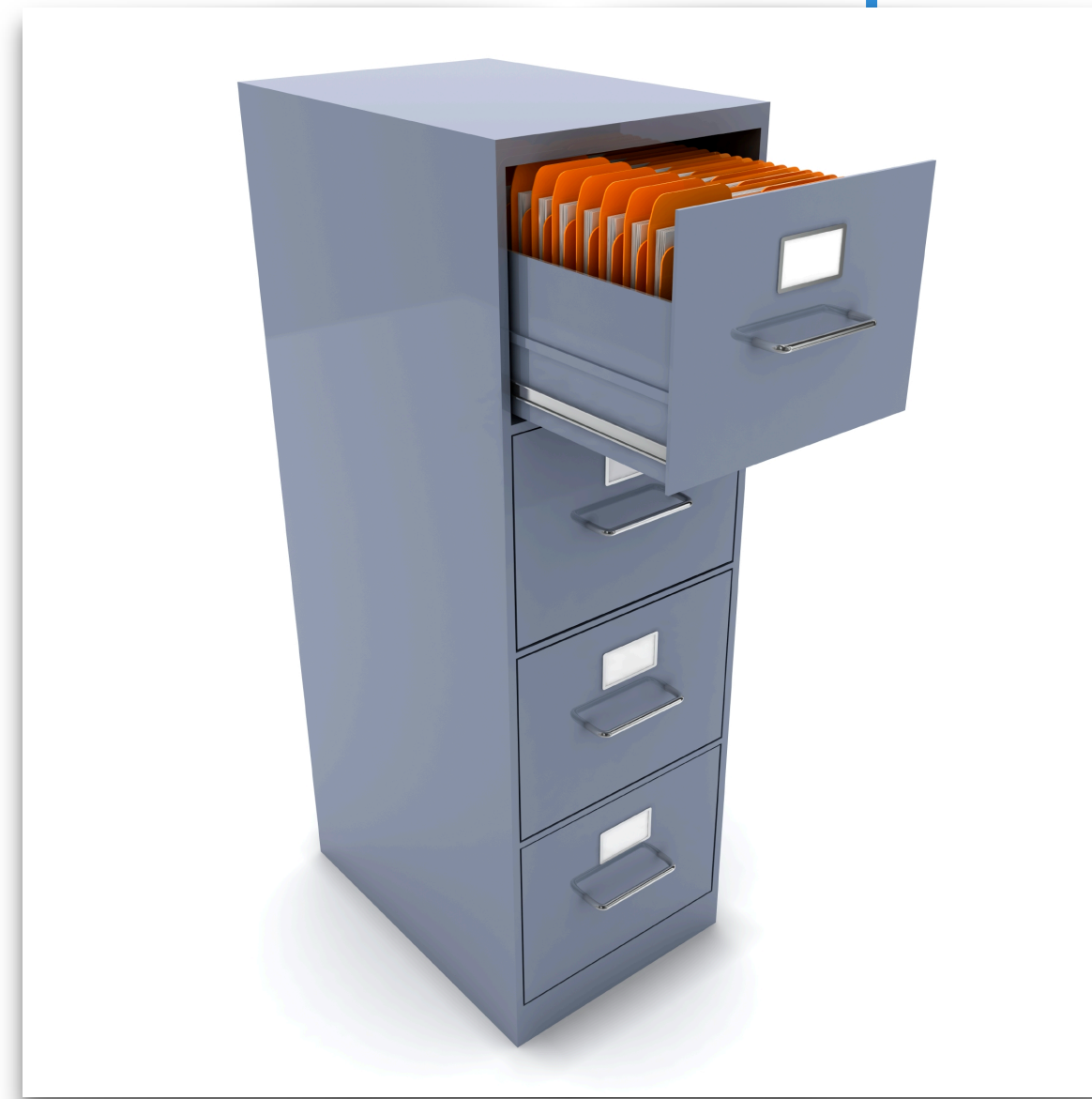
- You don't have to physically be at a location to use it as a Journey
- You simply mentally place yourself at the Journey and imagine yourself moving through it



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USING CHECKPOINTS IN YOUR JOURNEY

- Checkpoints are specific features inside of a Journey (i.e. furniture)
- Checkpoints are WHERE you will store information.
- The Journey is the file cabinet, the checkpoints are the folders.



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USING CHECKPOINTS IN YOUR JOURNEY

- Let's say you're using your childhood home as a Journey...
 - a checkpoint could be your coffee table, a lamp, a bookshelf, or a bed inside your childhood home.
- Pieces of furniture and other distinct features make great checkpoints.
- You choose which features (i.e. furniture) will be checkpoints in your Journey.



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USING CHECKPOINTS IN YOUR JOURNEY

- Every time you use your Journey, always walk through it the same way, using the same checkpoints in order.
- Same path, same checkpoints, same order
- This will allow you to remember information in order.
- Let me demonstrate...



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WHY IT WORKS

- Memory is spatial (related to space)
- Memories are anchored and connected to locations.
 - Where were you on your 16th birthday? Where were you on 9/11?
 - Where is your favorite restaurant?
- You remember where you were during important life events. You remember where landmarks and important places are located.



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WHY IT WORKS

- The Journey Method is most efficient filing system ever created for your memory...
- because it gives your mind a place to “file away” the information you want to remember
- ***In Module #3, I will show you exactly how to store information in your Journey***



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WHY IT WORKS

- The Journey Method gives you unlimited space to store information WITHOUT feeling cluttered.
- You can always create more Journeys to store more information.
- There's no clutter or feeling cramped, because information is organized and filed away in the Journey.
 - "out of sight, out of mind"
- Information can then be accessed/remembered at any time you need it by simply walking through your Journey again. (You will learn how in Module #5)



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HOW TO CREATE YOUR OWN JOURNEYS

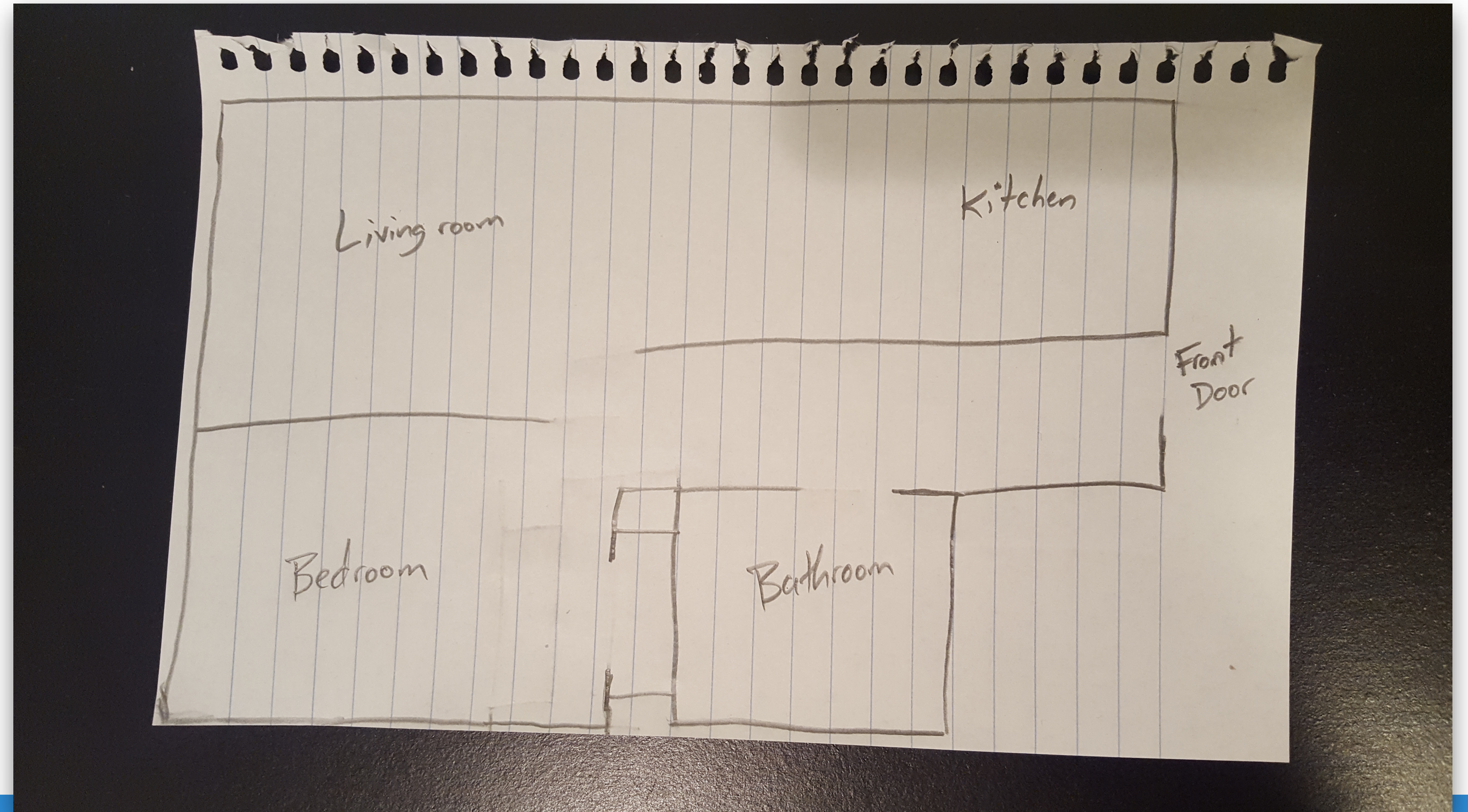
- Before I give you my 4 step process for making a Journey...
- Get a pencil and paper
- Follow along and create your first Journey with me.
- I want you to make a Journey of the house/apartment where you currently live.
- *Pause the video if I move too fast*



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HOW TO CREATE YOUR OWN JOURNEYS

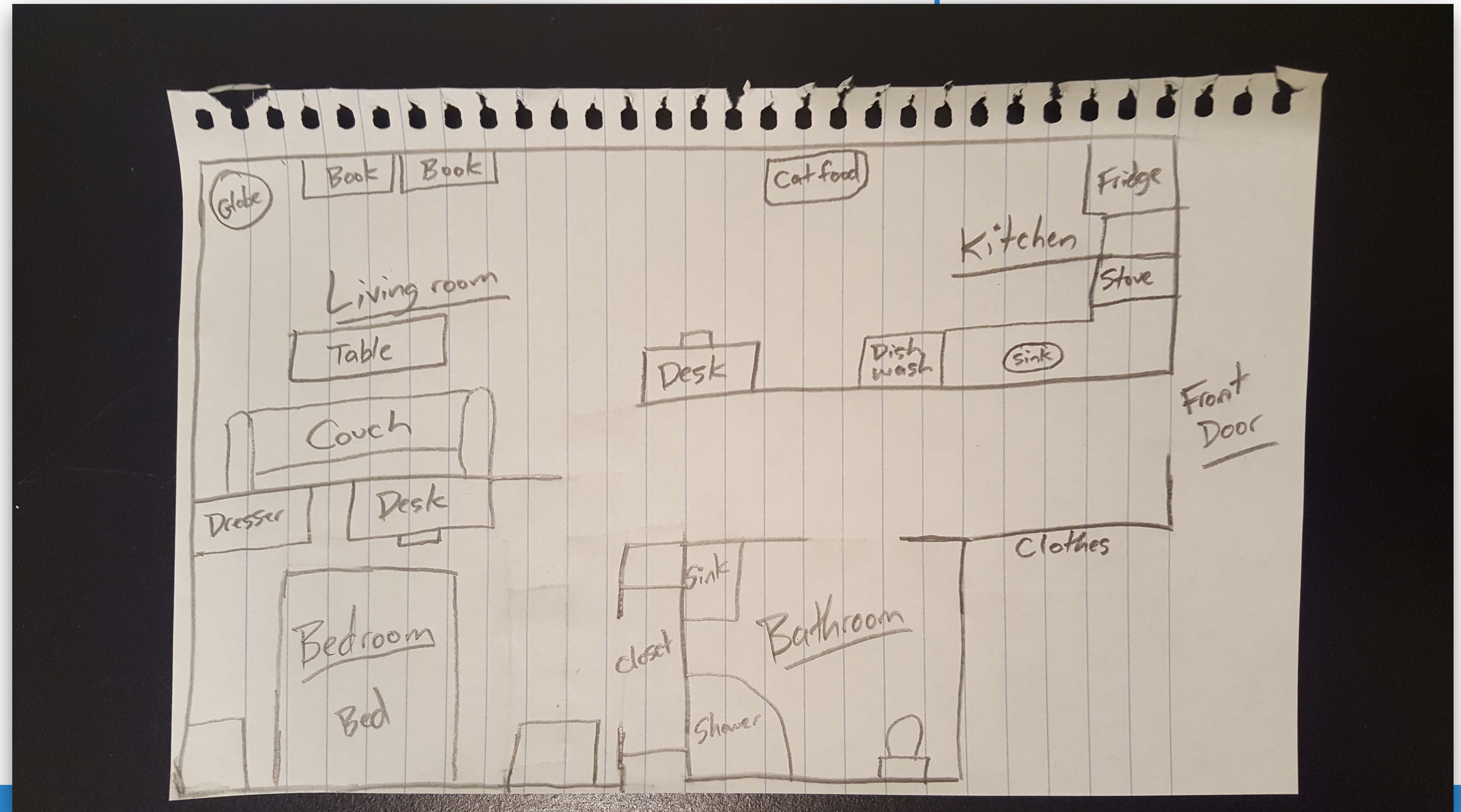
- Step 1: Sketch out the layout of your Journey.



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HOW TO CREATE YOUR OWN JOURNEYS

- Step 2: Sketch a few pieces of furniture & features (checkpoints)



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HOW TO CREATE YOUR OWN JOURNEYS

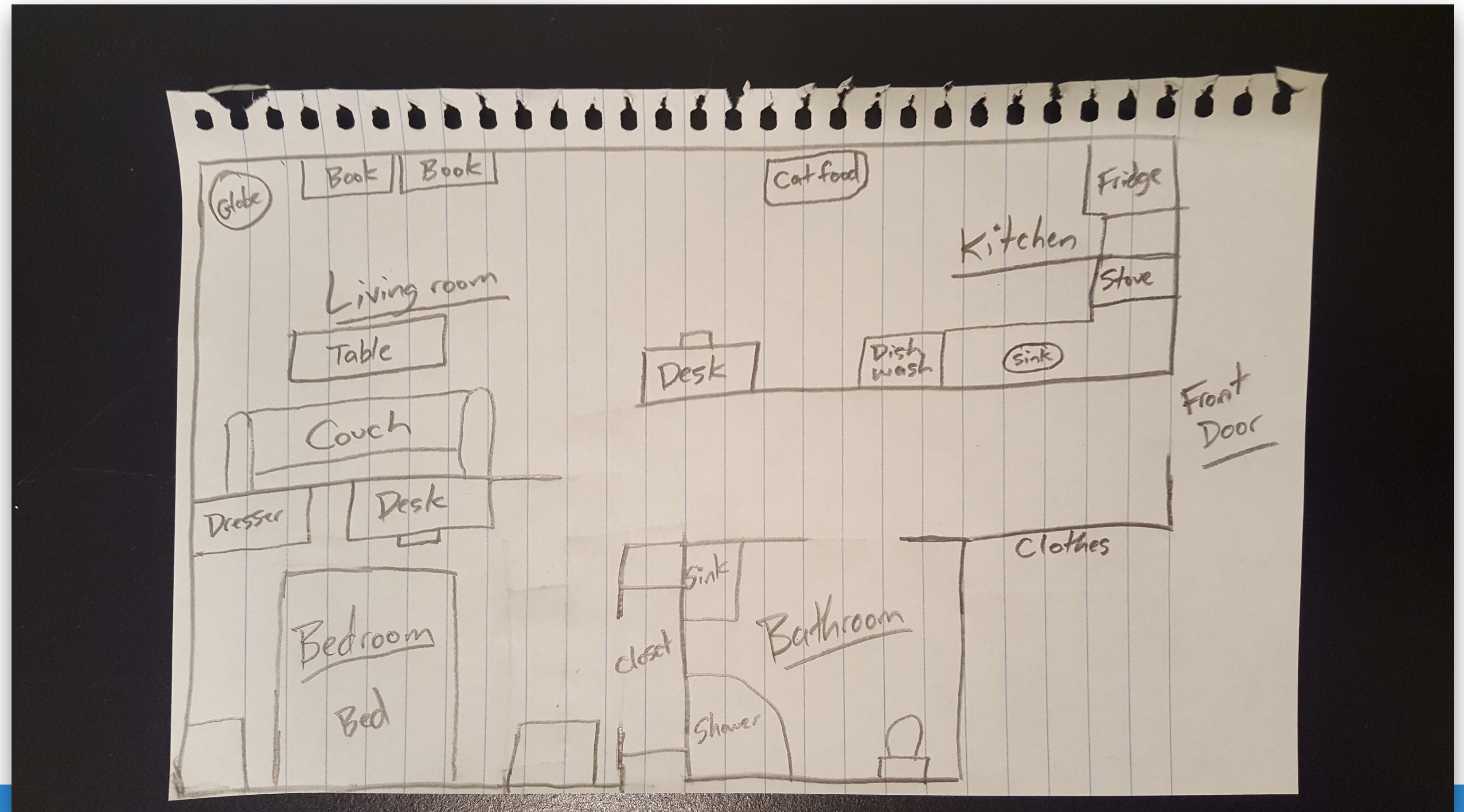
- What checkpoints should you use?
- EXAMPLES: couch, aquarium, sink, lamp, window, desk, pet bowl, laundry hamper, nightstand, TV...
- If your Journey is outside, your checkpoints can be things like trees, buildings, fences, signs, flag poles...



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HOW TO CREATE YOUR OWN JOURNEYS

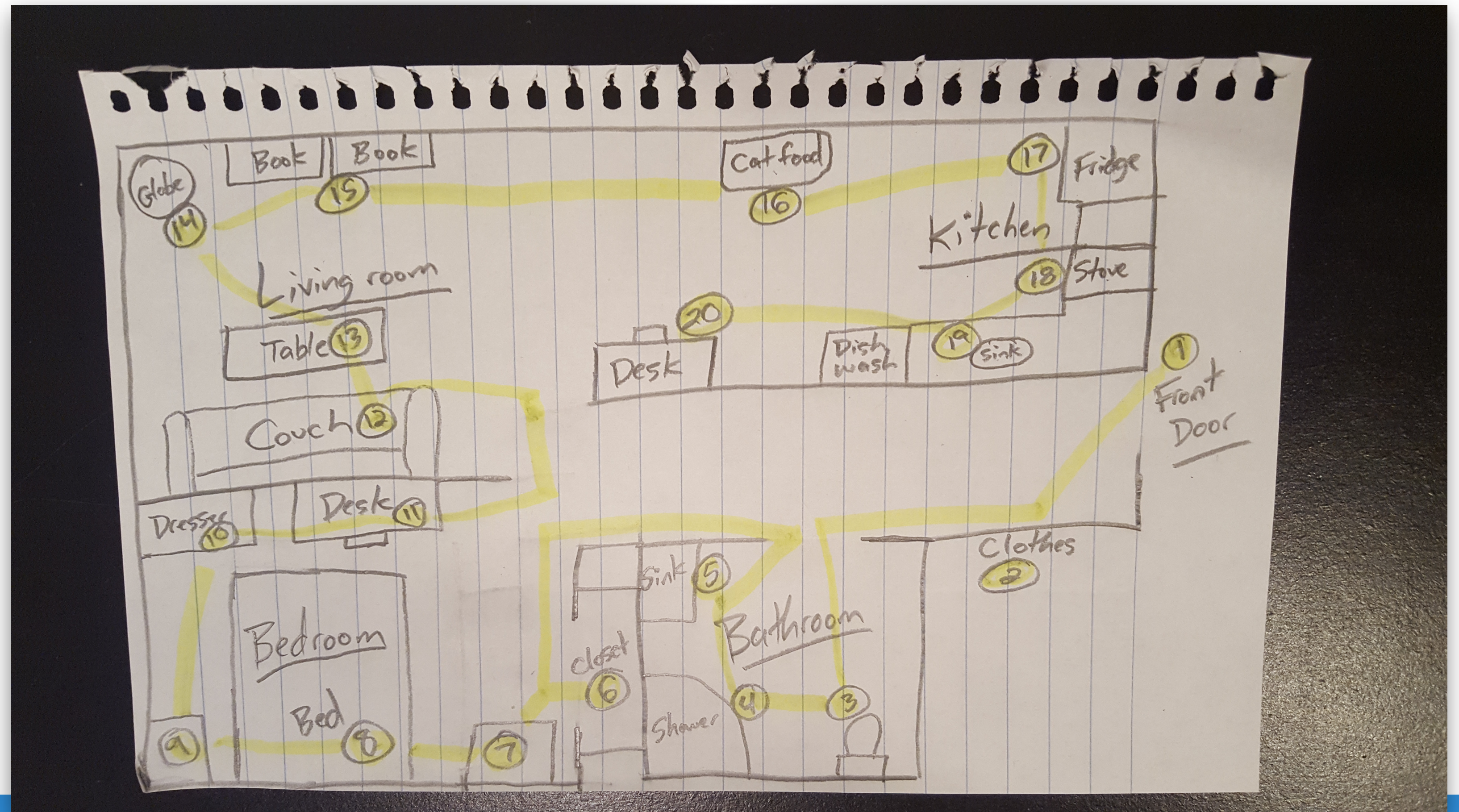
- Step 2: Sketch a few pieces of furniture & features (checkpoints)



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HOW TO CREATE YOUR OWN JOURNEYS

- Step 3: Connect 20 checkpoints in a logical order



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HOW TO CREATE YOUR OWN JOURNEYS

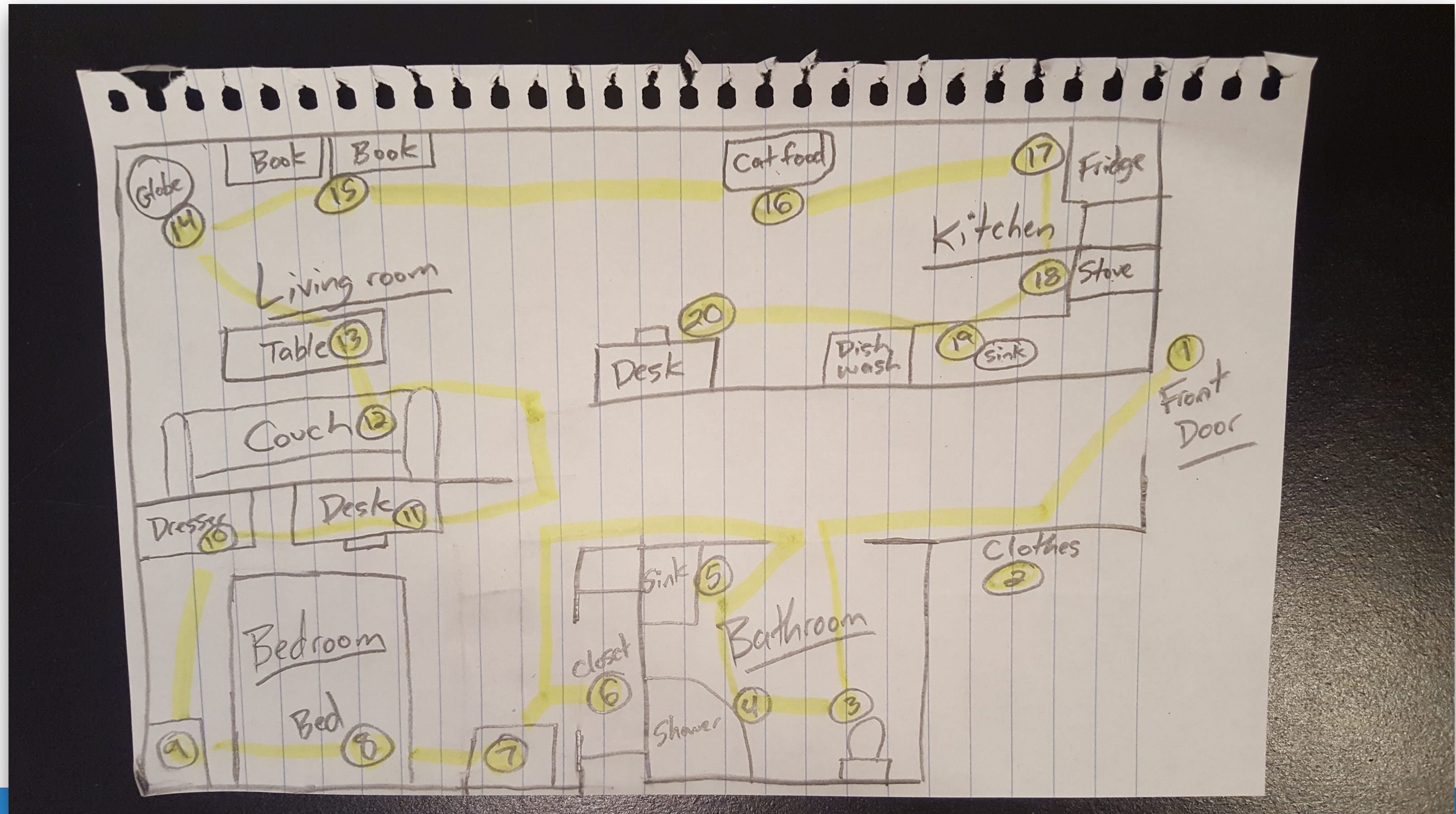
- Step 3: Connect 20 checkpoints in a logical order
 - I personally create 20 checkpoints for all my Journeys
 - *You can do more or less if you want*
- Start at a natural starting spot (front door, mailbox, driveway)
- Create a “walking path” through your Journey



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HOW TO CREATE YOUR OWN JOURNEYS

- Step 3: Connect 20 checkpoints in a logical order



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HOW TO CREATE YOUR OWN JOURNEYS

- Step 4: Mentally walk through and review
 - Once you have it sketched, imagine walking thru your Journey and seeing all 20 checkpoints in order.
 - Count each checkpoint in your head as you walk through.
 - The imagery will not be crystal clear, and it doesn't need to be (we'll talk about imagery in the next module).
 - Do this a few times until you can "walk through" your Journey without looking at your sketch



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KEY TAKEAWAYS

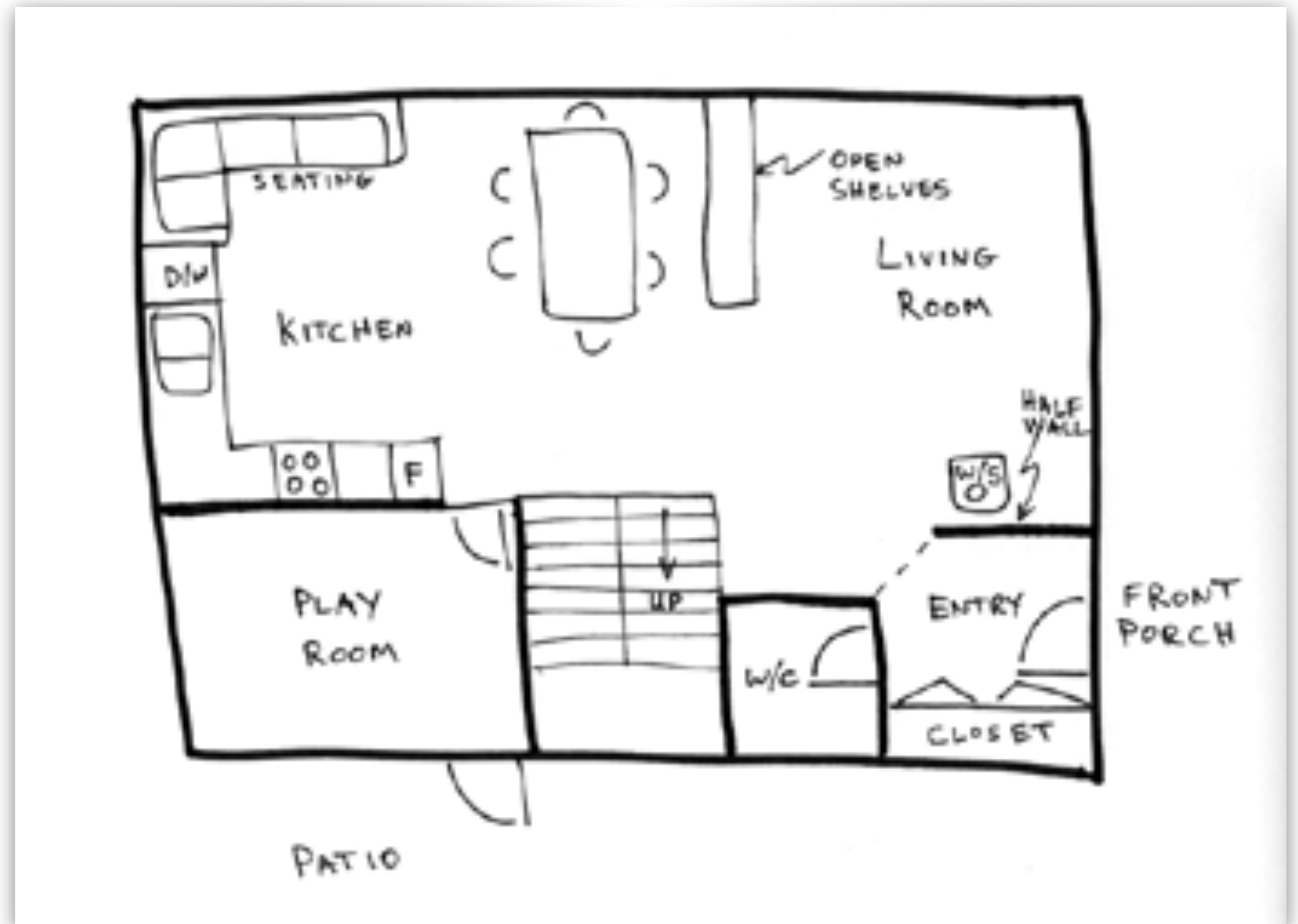
- A Journey is a place to store information.
- A Journey can be any place you know well. House, path, store, etc.
- Checkpoints are designated features within the Journey (i.e. furniture) where you will store the information.
- You will mentally walk through the same way every time.
- To create your own journey:
 - 1) Sketch the layout.
 - 2) Sketch features (checkpoints) in each room/area.
 - 3) Connect 20 checkpoints in a logical path.
 - 4) Mentally walk through and review until you know it.



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ACTION ITEM!

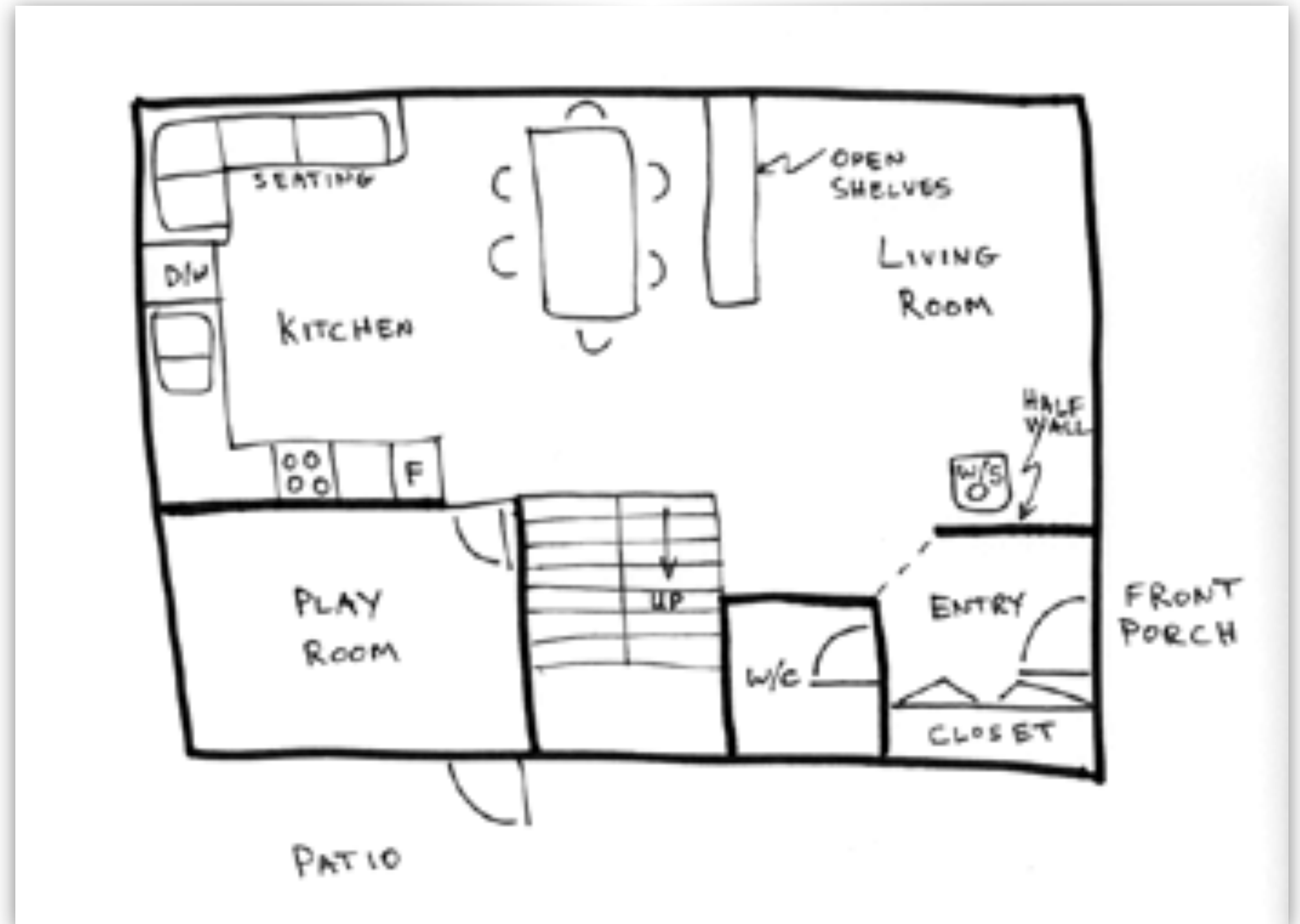
- BEFORE the next module...
- Create 2 more Journeys:
 - You choose...
 - childhood home, place of work, relative or friend's house, walking path, store...
 - Choose meaningful places. If you are emotionally connected, the connections will be stronger & easy to remember.



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ACTION ITEM!

- TIP: Keep a list/spreadsheet of all your finished Journeys and ideas for more Journeys
- **Download my spreadsheet**
 - friends' and relatives' houses
 - places you've worked
 - stores, restaurants
 - stadiums, kitchens, gyms, schools. Get creative!



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I'LL SEE YOU IN THE NEXT MODULE:

CREATING IMAGES THAT STICK

HOW TO CONVERT INFORMATION INTO IMAGES

