NEXTLEVEL MEMORY

HOW TO MEMORIZE ANYTHING

MODULE 3

WHAT YOU WILL LEARN IN THIS MODULE

- How to Memorize Anything

- Attaching Images to Checkpoints

- Combining Multiple Images

- Real Life Examples

- Memorizing *Without* a Journey

NEXTLEVELMEMORY

WHAT YOU WILL LEARN IN THIS MODULE

- NLM Memory = Review <u>Images Attached to Checkpoints</u>

HOW TO MEMORIZE ANYTHING

- How to memorize anything (in 2 simple steps):

  1. Create images of what you want to remember (facts, names, ideas, books, etc.)

  2. Mentally place those images at checkpoints in your Journey

- Images = WHAT you want to remember

- Checkpoints = WHERE you store the images

NEXTLEVELMEMORY

HOW TO MEMORIZE ANYTHING

- Creating images and placing them at checkpoints creates <u>mini stories</u>

- Our brains are hardwired to remember stories

  - Stories are **<u>visual</u>** (images) and **<u>spatial</u>** (checkpoints)

BENEFITS

- By storing images in a Journey, you can easily memorize 10-100x more information than an untrained, average mind

- ~~The average mind crams most of the information it's presented~~

- By storing images at checkpoints, your mind won't feel cluttered

    - The information is "filed" away in your Journey(s)

NEXTLEVELMEMORY

ATTACHING IMAGES TO CHECKPOINTS

- Remember the image from last module of Obama punching Michael Jordan to remember the #451623?

- Let's attach that image to your front door (checkpoint)

  - Imagine Obama punches MJ <u>through</u> the door. The door breaks.

- That's all you need. The image is <u>attached</u> to the checkpoint.

ATTACHING IMAGES TO CHECKPOINTS

- When I first started memory techniques, I learned a hard lesson on my own.

- I used to store my images by "suspending them in the air" above my checkpoints. Kinda like a ghost hovering in the air.

- When I went back to remember my images, I couldn't "see" them.

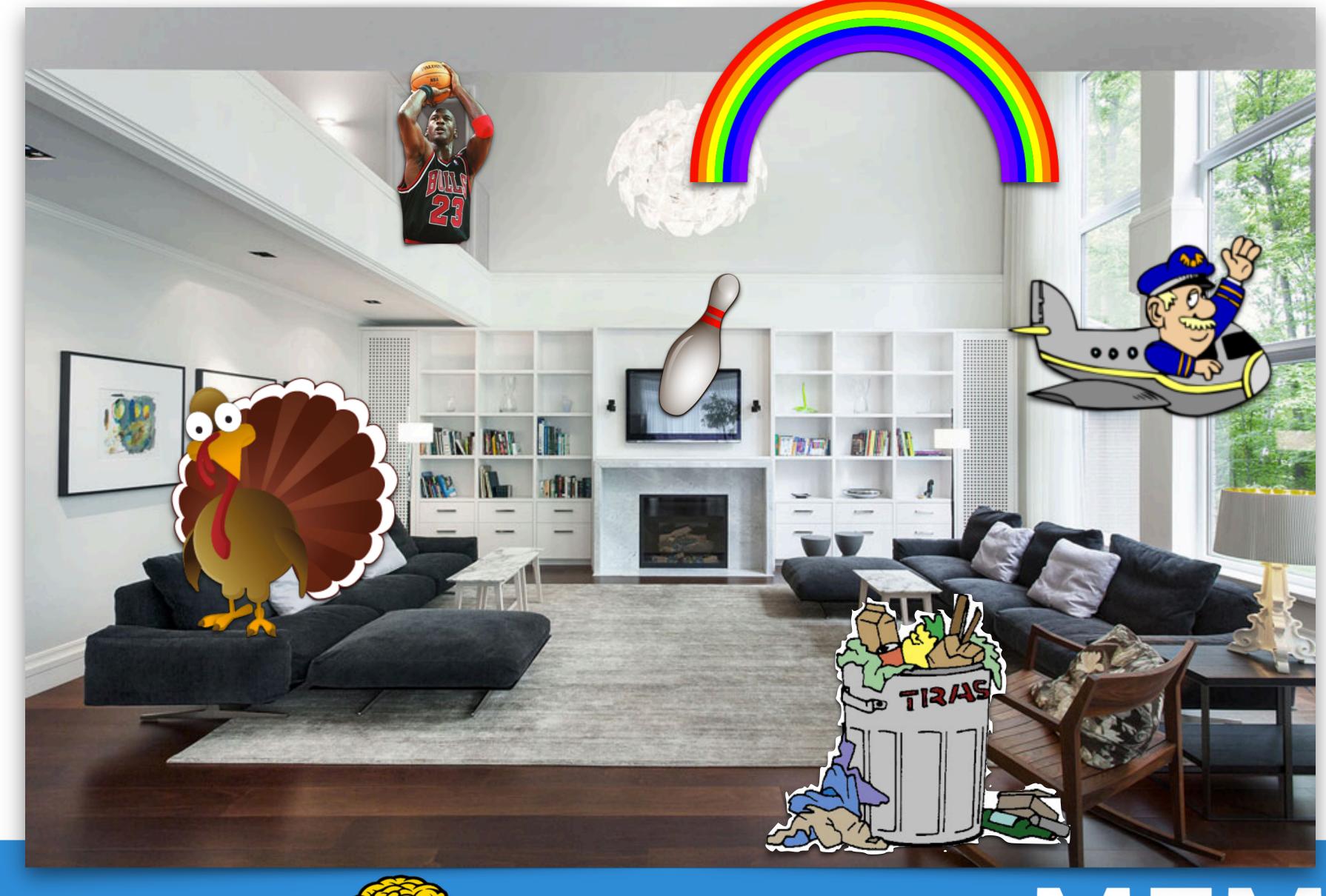 - So I couldn't remember them! That's a problem!

NEXTLEVELMEMORY

ATTACHING IMAGES TO CHECKPOINTS

- What was I doing wrong?

  - I realized there was no connection between my image and the checkpoint.

  - My images were "floating". They weren't touching or interacting in any way.

- Whenever you place an image at a checkpoint, you need them to be touching, connected or interacting in some way.

- I call this important step: Attaching

- Examples: touching, rubbing against, being smeared onto, breaking, licking, punching,….

NEXTLEVELMEMORY

NEXTLEVELMEMORY

REAL LIFE EXAMPLES

- You need to remember that you parked your car in section C21

  - C = <u>C</u>at or <u>C</u>arrot

  - 21 = Alcohol or Blackjack

  - C21 = Cat drinking alcohol -or- Carrot playing blackjack

  - Pick a checkpoint in your Journey = <u>Living room couch</u>

  - <u>Attach</u>: Cat drinking alcohol on your couch, <u>vomits</u> on it

NEXTLEVELMEMORY

REAL LIFE EXAMPLES

- My vet gave me his top 3 most recommended cat food brands….and I didn't have piece of paper. He said: "Science Diet, Royal Canin, Hill's Prescription"

- I quickly created images for each brand and attached them to the first Journey I that came to my mind.

- 1) Science Diet

  - 1st Checkpoint - Mailbox

  - Imagined <u>Scientist</u> pouring <u>Diet</u> Coke into my Mailbox

NEXTLEVELMEMORY

REAL LIFE EXAMPLES

- 2) Royal Canin

    - 2nd Checkpoint - Garage workbench

    - Imagined a King (<u>royalty</u>) firing a <u>canon</u> at the workbench.

- 3) Hill's Prescription

    - 3rd Checkpoint - Front doorstep

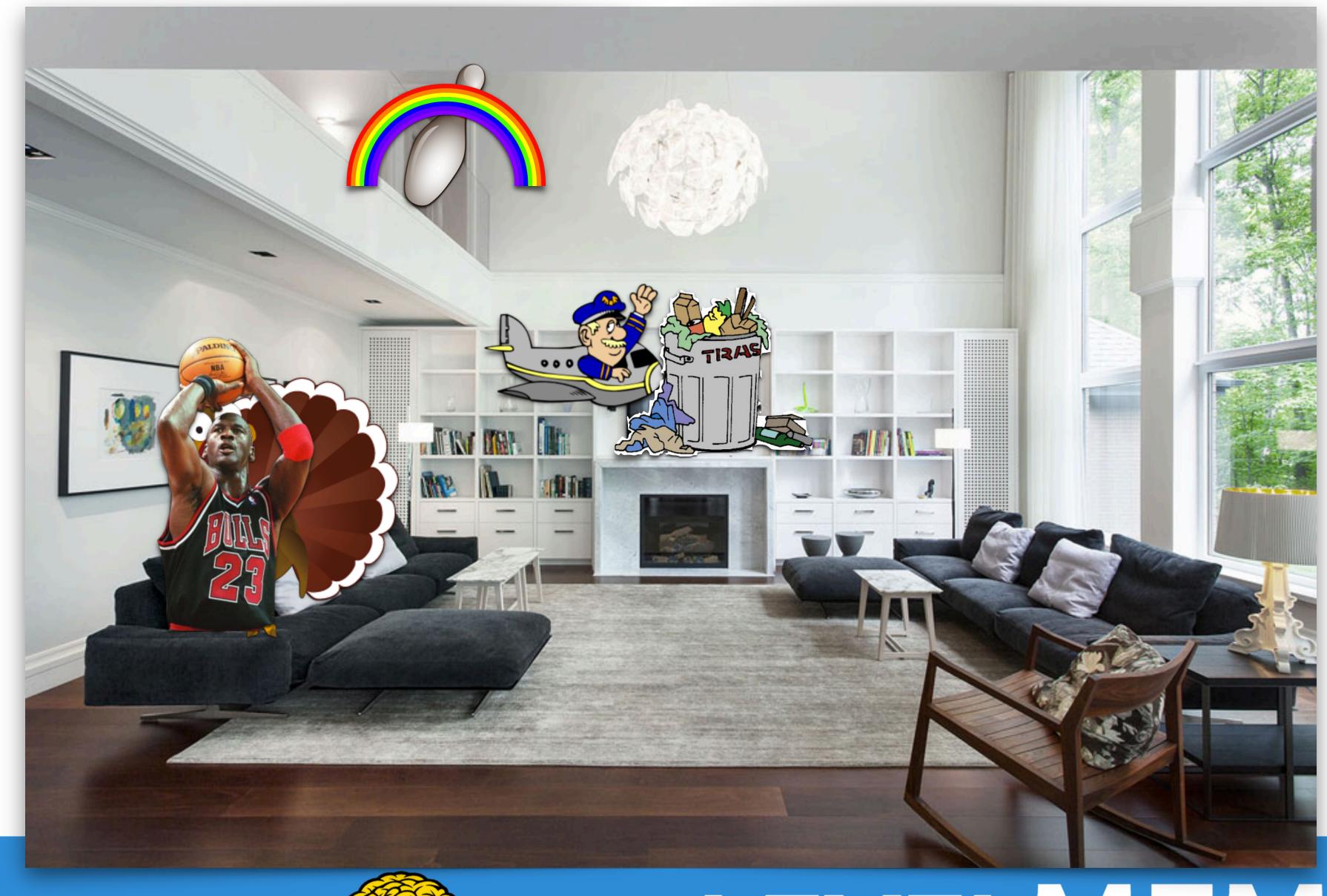   - Imagined a <u>hill</u> on the doorstep, with <u>prescription</u> pills rolling down into the door.

COMBINING MULTIPLE IMAGES

- To store more information in a Journey, you can combine 2 (or more) images together at each checkpoint.

  - I recommend only attaching 1 image per checkpoint while you're learning.

- If you have 2 images together at one checkpoint, how do you remember the order of the 2 images? Which one was first?

  - Have a system…The 1st image ALWAYS does something to 2nd image.

    - For example: imagine the first image pushing the 2nd image away because "it was there first"

NEXTLEVELMEMORY

NEXTLEVELMEMORY

SIMPLIFY IMAGES

- Always try to simplify information into as few images as possible.

- For example: Remembering that the capital of China is Beijing

  - Simplify it all into 1 image: A beige ring on a china plate

NEXTLEVELMEMORY

MEMORIZING WITHOUT A JOURNEY

- 90% of the time you will use a Journey to memorize information (books, facts, numbers, lists, etc). When in doubt, use a Journey.

- The other 10% of time you can get creative.

  - People's names, simple reminders, foreign languages can be memorized by attaching the image to something else (You will learn this in later modules).

    - Names (attach image to the person's face/body)

    - Languages (attach image for foreign word to image for English word - this is called linking)

NEXTLEVELMEMORY

REAL LIFE EXAMPLES

- Here's an example:

  - Say you want to remember 3 things to pick up at the store on your way home: <u>Milk, ham, bananas</u>. Here's a story I would imagine to remember this.

- "After work, I open my car door. I sit down in a seat soaked in <u>milk</u>. I know it's milk, because I can smell it (rotten). I reach in the glove box for a napkin to clean up, but instead, a <u>pig</u> jumps out. I back out of the parking spot and my car slips & spins out on a giant <u>banana</u> peel."

- Images are attached to your car (as a reminder), not a Journey

NEXTLEVELMEMORY

WARM UP PROCESS

- Before I memorize something (30 second process)

- <u>First</u>: I choose one of my Journeys

- <u>Second</u>: Mentally run through the Journey, review/count out each checkpoint as I go

- This "warm up"

  - a) Prevents you from accidentally "skipping" a checkpoint

  - b) Mentally prepares you

KEY TAKEAWAYS

- Mentally place images on checkpoints in your Journey

- Always attach images to checkpoints

- You can place multiple images at each checkpoint (advanced)

- 90% of the time, you will memorize using a Journey.

- Warm up a Journey before memorizing

NEXTLEVELMEMORY

ACTION ITEM!

- Memorize a list of 12 things

1) Pick one of your Journeys

2) Warm up - walk through, count the first 12 checkpoints

ACTION ITEM!

- Mentally place yourself at the first checkpoint in your Journey

- Put 1 image per checkpoint. One at a time.

- Now, I want you to set aside this Journey (with all the images you just stored) for the next module.

- After the next module, you will recall this list forwards AND backwards from memory.

1. Peanut Butter	7. Salsa
2. Money	8. Brian
3. Turkey	9. Mug
4. Snow	10. Laptop
5. Ladder	11. Toothpaste
6. Printer	12. Pizza

I'LL SEE YOU IN THE NEXT MODULE:

CEMENT IT INTO MEMORY

RETAIN INFORMATION AS LONG AS YOU WANT