



NEXTLEVEL MEMORY

CEMENT IT INTO MEMORY

MODULE 4

WHAT YOU'LL LEARN IN THIS MODULE

- How to Store & Remember Information (for as long as you need it)
- Reviewing Images with Spaced Repetition
- How to Add New Images or Change Images
- How to Reuse a Journey



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WHAT YOU'LL LEARN IN THIS MODULE

- NLM Memory = Review Images Attached to Checkpoints



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HOW TO CEMENT

- This is a lesson I learned the hard way
- World Memory Championship 2014
- I was a beginner - 4 months of practicing techniques
 - 1000 digits in 1 hour
 - = 167 Images (1 image for every 6 digits)
- I memorized each image once
 - When it was time to recall all the numbers, I was only able to remember about 60% of the 1000 digits



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HOW TO CEMENT

- I asked other competitors, “What did I do wrong?”
- They ALL said “You didn’t review!”
- Review simply means look at the images a second time.
- Here’s what they said I should have done:
 - Memorize 200 digits, review those 200 digits, memorize the next 200 digits, review those, etc.
 - Then, at the end, review all the images one more time



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HOW TO CEMENT

- Let this be a lesson to you too...
- After you memorize something (forming images, attaching to checkpoints), you need to review those images again.
- Review = going back through your Journey and “seeing” all your images again.
- Make sure they’re all attached (touching the checkpoint)



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HOW TO CEMENT

- I think of it this way...
- Every time you memorize it's like tapping a nail into a block of wood. The nail (image) isn't in the wood (checkpoint) all the way.
- Every time you review that image it's like hitting the nail again. The nail goes in deeper, preventing it from falling out.



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EXAMPLES

- Let's say you're studying for an test
- As you're reading thru notes, you're placing images of important concepts in your Journey.
- After 30 mins, you've finished memorizing the notes.
- **Before you move on**, you need to review all your images.
- If you took 30 minutes to memorize your notes, it might only take 5-10 minutes to review the images.
- Reviewing a 3rd time might only take 3-5 minutes.



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SPACED REPETITION

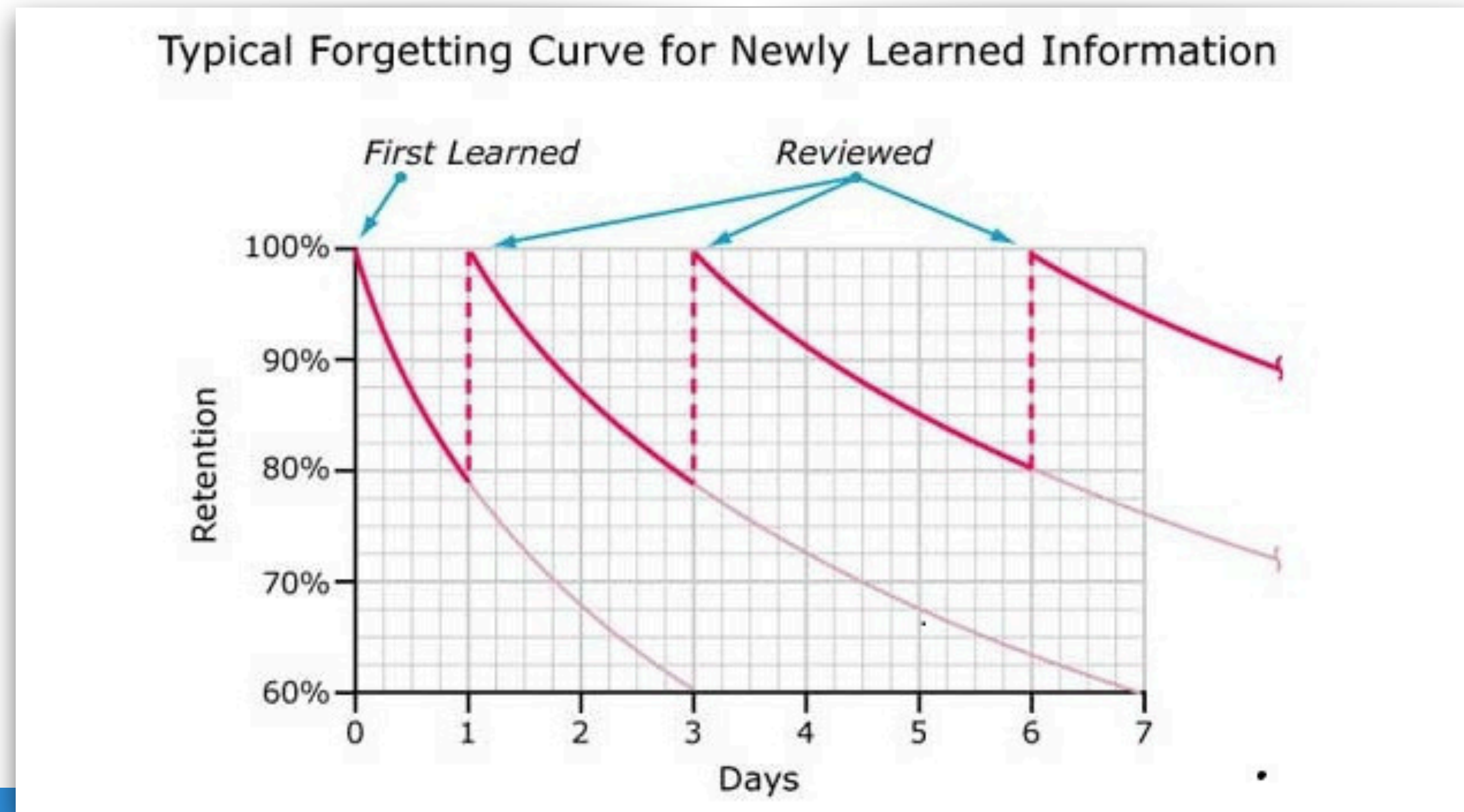
- We're human, so we naturally forget new information slowly over time
- The best way to combat this is with spaced repetition
- Spaced repetition is a review schedule
 - Scientifically, it's the most optimal schedule to retain information
 - Least amount of effort for the best results



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SPACED REPETITION

- We naturally forget new information at a steady rate.
- Each time you review, you remember information longer



*Typical rate,
without using
memory
techniques



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SPACED REPETITION SCHEDULE

- Rule of Thumb (Double the days - Day 1,2,4,8,16,32)
 - Day 1 (Today)
 - Day 2
 - Day 4
 - 1 week
 - 2 weeks
 - 1 month
- Continue this schedule until you no longer need the information



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SPACED REPETITION

- Free app “Anki”
 - Windows, Mac, iOS, Android
- Flash cards, spaced repetition technology
- Automatically tells you when you need to review
 - You just have to create the flashcards
 - You can make 1 flashcard per image or concept



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SPACED REPETITION

- If you are finding that you are forgetting images between reviews, you should review more frequently.
- Review less if images are staying solid and you quickly remember them during your review sessions.



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HOW TO ADD NEW IMAGES

- Q: "What if I need to add something to what I memorized? Where do I put that information?"
- A: If you're adding a detail like the car was "red", simply add that detail to the image of the car (red blood is dripping from the car).
- If you're adding a new piece(s) of information, attach that new image to the next available checkpoint
 - If you need to insert an image between 2 other images (to remember the sequence), you can always create a new checkpoint between those 2 checkpoints



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HOW TO CHANGE IMAGES

- Q: “What if I need to change one image? What do I do?”
- A: If you want to change a detail - the car image from red to yellow, maybe imagine you are peeing on the car.
- If you’re replacing the image of the car with an image of a motorcycle, spend a moment to imagine a motorcycle in it’s place.
- The only way to cement these changes is to review them more frequently.
Emphasize the new change when you review and it will stick and replace the old image.



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HOW TO REUSE A JOURNEY

- When you no longer need the information/images you stored in a Journey, that Journey can be reused to memorize new information
- I've reused my Journeys hundreds of times



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REUSING A JOURNEY

- When you don't need the images from a Journey anymore, let it sit. Forget about that Journey for a while. Doing this allows the images to fade away.
- How long does that take?
- About 1 week (more or less)
- Just know that the more you reviewed the images in a Journey, the longer the images will stay. Let those sit 1-2 weeks.
- This is why you should have multiple Journeys that you use in a rotation.



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REUSING A JOURNEY

- A problem with reusing a Journey too soon is you can confuse images. You might see old images from the last time you used it.
- A few old images might still be there...that's normal. But, if you still see all the old images, let it sit longer.
- I still remember old images that were in a Journey from over a year ago
- Every time I use a Journey, it's almost like a fresh new layer is added on top of the old one. Reviewing the new images helps the old images fade away.



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KEY TAKEAWAYS

- Review!
 - “See” your images attached to checkpoints again
- Spaced Repetition = Optimal Review Schedule
 - Rule of Thumb - Double the Days (Review on Day 1,2,4,8,16...)
- Reuse a Journey by letting it rest for at least a week



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PAUSE THE VIDEO

ACTION ITEM!

- Remember the list you memorized in the last module?
- This time, I want you to review all the images again.
 - After reviewing, you will recall this list in order forwards THEN backwards
- Find the Journey you memorized this list with
- Go through each checkpoint, one by one, and review (1-2 times)

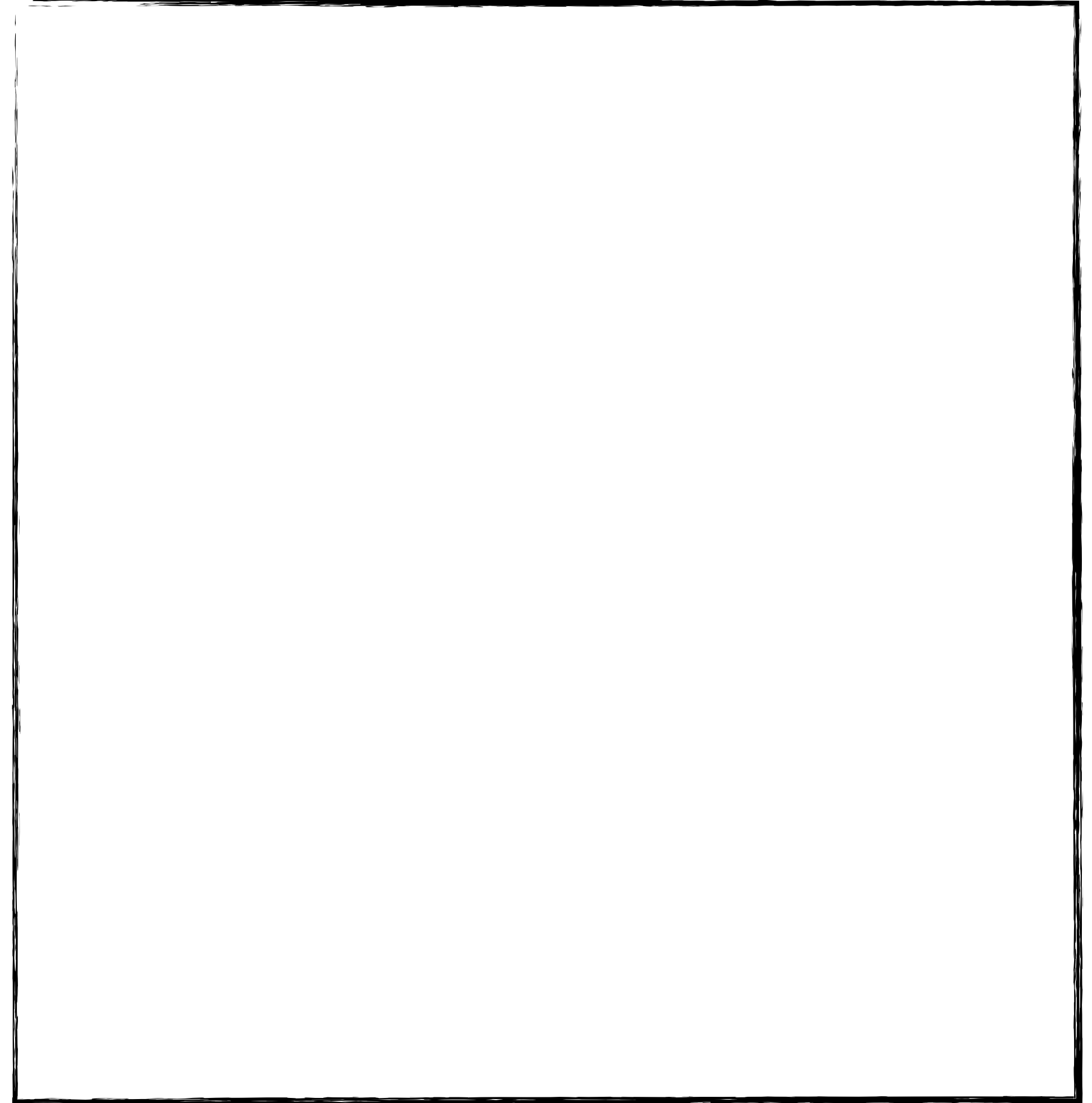
- | | |
|------------------|----------------|
| 1. Peanut Butter | 7. Salsa |
| 2. Money | 8. Brian |
| 3. Turkey | 9. Mug |
| 4. Snow | 10. Laptop |
| 5. Ladder | 11. Toothpaste |
| 6. Printer | 12. Pizza |



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ACTION ITEM!

- Get out a piece of paper
- List out the 12 items in order
- If you forget an item after 30 secs, that's ok. Skip it and come back to it at the end.
- *PAUSE THE VIDEO*



ACTION ITEM!

- Now check...did you get them all?
- Easier than you thought, right?
- Now, I want you to write the list backwards (12 to 1).
- Mentally go to the last image in your Journey.
- This might take a little more time, but I know you can do it!
- *PAUSE THE VIDEO*

- | | |
|------------------|----------------|
| 1. Peanut Butter | 7. Salsa |
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| 3. Turkey | 9. Mug |
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| 5. Ladder | 11. Toothpaste |
| 6. Printer | 12. Pizza |



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ACTION ITEM!

- How did you do going backwards?
- Did this just blow your mind!?

12. Pizza

11. Toothpaste

10. Laptop

9. Mug

8. Brian

7. Salsa

6. Printer

5. Ladder

4. Snow

3. Turkey

2. Money

1. Peanut Butter



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ACTION ITEM!

- Imagine having the ability to memorize a list of 100 items.
- If you can do 12 you can do 20, 100, 1000 (yes, I'm serious)
- Facts, books, numbers, quotes, scripture, anything you want memorize...
- Imagine the potential you have.
- Don't limit yourself by thinking "I can't do that."

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



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- You now have all the pieces of the NLM Formula
 - NLM Memory = Review Images Attached to Checkpoints
 - Create Images —> Attach to Checkpoints —> Review
- In the next module you will learn how to recall the information when you need it & a few common mistakes to avoid



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I'LL SEE YOU IN THE NEXT MODULE:

INSTANTANEOUS RECALL

HOW TO ACCESS THE INFORMATION YOU MEMORIZED

