



# NEXTLEVEL MEMORY

## INSTANTANEOUS RECALL

MODULE 5

# WHAT YOU'LL LEARN IN THIS MODULE

- How to Quickly and Easily Recall Information You've Memorized
- What To Do If You Can't Remember An Image(s)
- Common Mistakes & How To Avoid Them



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# HOW TO RECALL QUICKLY, EASILY

- There are generally 2 ways you will recall images (Intuitive)
  - 1) Mentally walk through your Journey(s)
    - i.e. What was the 5th item in my list?
    - Go to the 5th checkpoint in your Journey. What image is there?



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# HOW TO RECALL QUICKLY, EASILY

- 2) Mentally transport to the image(s) you need
  - If I asked you “Who was your favorite teacher in high school?”, you would instantly form an image of that teacher.
  - You might even transport to a memory of sitting in their classroom.
  - It’s the same thing with a Journey. When you’re prompted for information that’s stored in a Journey, you will instantly transport to that image and it’s checkpoint. Just like Google searching the web for information.

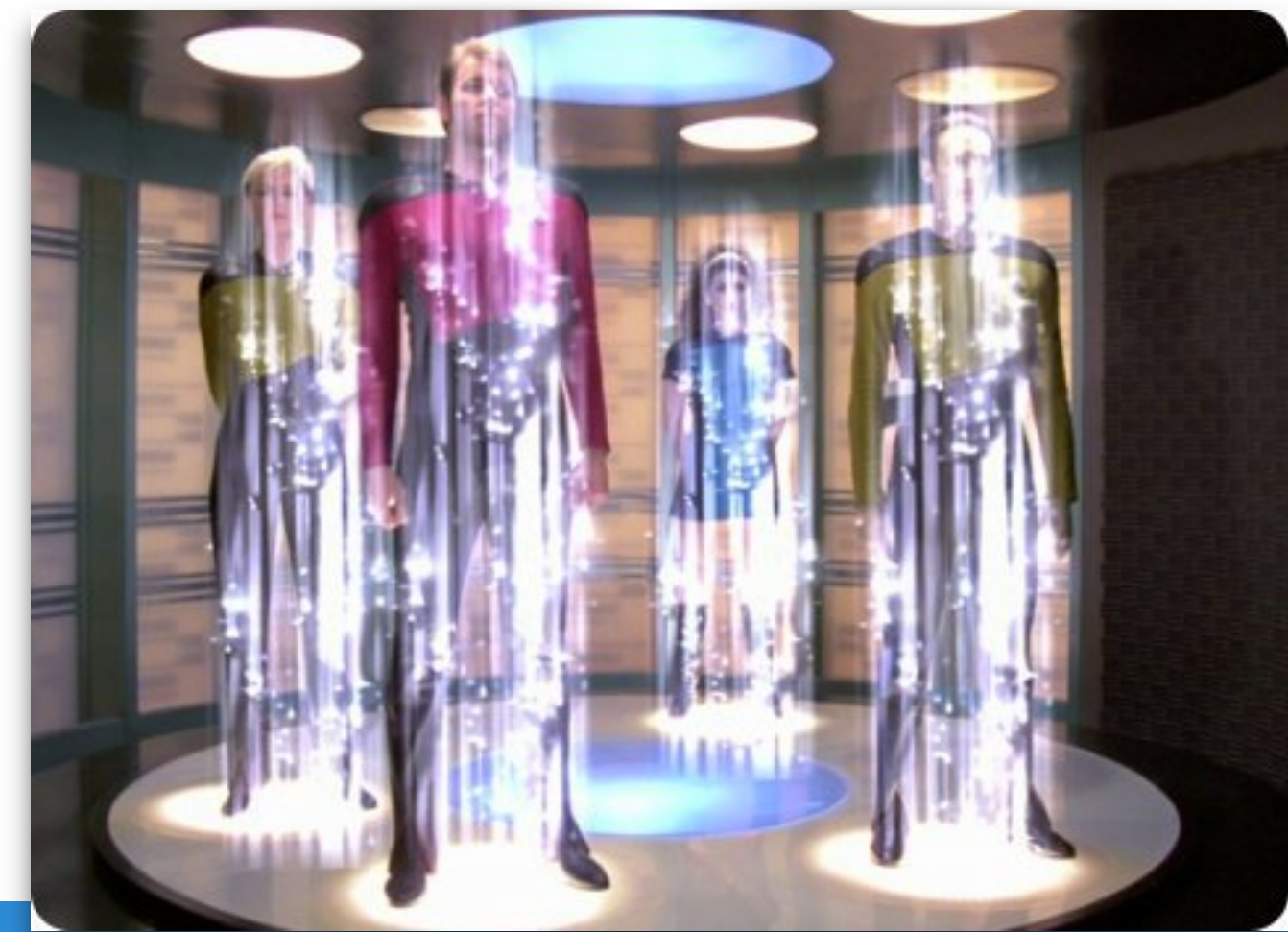


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# HOW TO RECALL QUICKLY, EASILY

- Let's say you're taking a test and it asks for the definition of the word metabolism
- Thinking of the word metabolism will trigger your mind to think of the image you created for that word
- Your mind will instantly transport you to the checkpoint where you created the image for metabolism



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# TRANSLATING IMAGES BACK TO INFORMATION

- 95% of the time you will easily remember what the image means/represents
- Your mind will remember the associations you made and translate the image back to the information it represented
- For the other 5% of the time:
  - You may need to dwell on the image for a minute to remember what it meant. Use context clues (what do other the images around it mean?)
  - If you can't remember what it means, ask yourself: "Why did I forget what this image meant? Was it a review problem? Memorization problem? Too complex?"

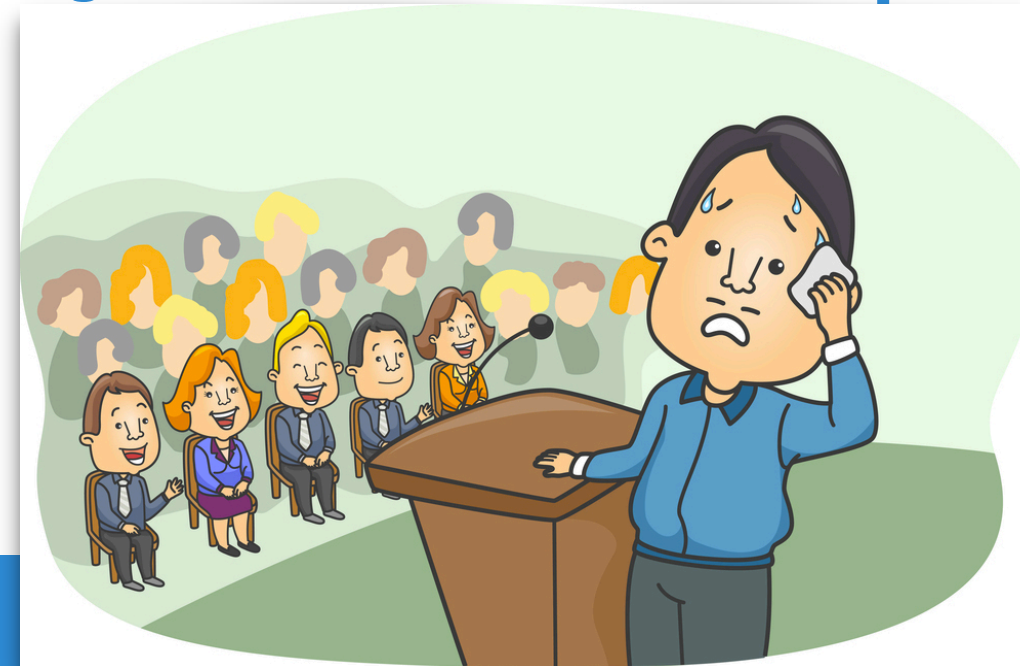


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# WHAT IF YOU CAN'T REMEMBER?

- Here are some reasons I forget & how to avoid:
  - Fundamentals: Image didn't form, Didn't attach, Didn't review
  - Looking at a different spot at the checkpoint or from a different angle
  - Boring image, not memorable, "blended in"
  - Nervous, pressure - relax your body & take deep breath



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# OTHER COMMON MISTAKES

- Skipping a checkpoint
  - Skipped a checkpoint during memorization (leaving it blank)
  - Skipped a checkpoint during recall (went from #4 to #6)
- Too much imagery to remember
  - Keep images simple
  - Split up lots of details, images amongst multiple checkpoints



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# KEY TAKEAWAYS

- Recall by either “walking through journey” or by “transporting” to image(s) you need
- Learn why you forget certain images, correct those mistakes
- Fundamentals: Attaching and reviewing images will eliminate 95% of errors

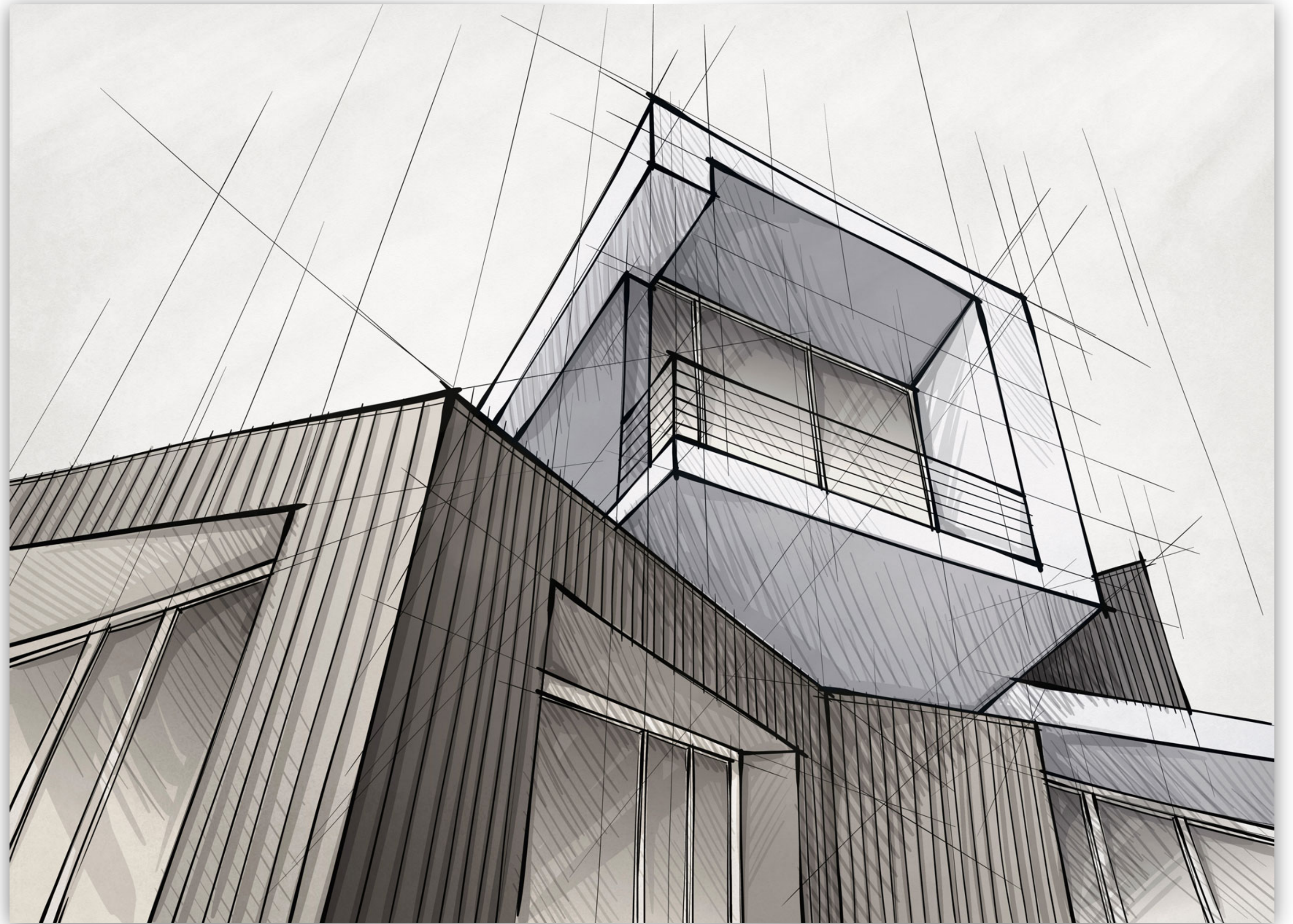


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# ACTION ITEM!

- Create 3 more Journeys
- Remember: keep a spreadsheet or list of all your Journeys for quick reference
  - friends houses
  - relatives houses
  - places you've worked
  - stores, restaurants
  - parks, schools, etc.



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# NLM FORMULA SUMMARY

- 1) The Journey Method = Filing System (Checkpoints)
- 2) Turn What You Want to Memorize into an Image(s)
- 3) Images Attached to Checkpoints = How to Memorize Anything
- 4) Cement by Reviewing, Spaced Repetition
- 5) Recall by "Walking back through Journey" or "Transporting"  
\*Formula\*

NLM Memory = Review Images Attached to Checkpoints



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NOW YOU'RE READY FOR ANY MODULE YOU CHOOSE