NEXT LEVEL MEMORY

HOW TO REMEMBER NUMBERS

WHAT YOU'LL LEARN IN THIS MODULE

- The Major System for Memorizing Numbers
  - How to Convert Numbers into Images
- How To Memorize Numbers
- Creating a 2 Digit System

MEMORIZING NUMBERS

- Numbers *seem* hard to remember because they're abstract
  - They have no tangible meaning associated with them.
- So, the best way to remember numbers is to convert them into images that you can store in a Journey
- How do you do convert numbers into images?

MAJOR SYSTEM

- The major system is a phonetic number system
- Each digit (0,1,2,3,4,5,6,7,8,9) has it's own consonant sound
- You turn numbers into consonant sounds. Those sounds form simple words.
- The simple words become images.
  - Example: 43 = RM = RaM =
- Let me show you…

MAJOR SYSTEM

0 - s,z

1 - t,d

2 - n

3 - m

4 - r

5 - l

6 - j,sh

7 - k,g

8 - f,v

9 - p,b

MAJOR SYSTEM

- 0 - s,z zero, sounds like “s”
- 1 - t,d 1 downstroke
- 2 - n 2 downstrokes, “2” resembles sideways n
- 3 - m 3 downstrokes, “3” resembles sideways m
- 4 - r four

MAJOR SYSTEM

- 5 - l L = 50 in Roman Numerals
- 6 - j,sh 6 looks like G (j = soft g sound)
- 7 - k,g K looks like two 7's on sides
- 8 - f,v "Figure 8", cursive f  looks like 8
- 9 - p,b "p" is mirror image of 9 and a flipped "b"

MAJOR SYSTEM

- When I first looked at the major system, I was extremely skeptical
- I thought it would never work and was a waste of time to learn it
- When I actually tried it, I learned all the consonant sounds in 10 minutes
- It’s way, way easier than you think
- There’s only 10 sounds you have to learn
- **Once you learn it, you train your brain to “read” numbers as words**

MAJOR SYSTEM

- How do we make a word out of #12?
- 1 = “t” (or “d”) sound
- 2 = “n” sound
- 12 = “t” + “n”
  - Add vowel sounds (a,e,i,o,u) to make words.
- #12 could be “tan”,“ton”, “tin”, or “tune”
- #12 could also be “dine”, “Dan”, “dune”, or “den”

0: “S” (or “Z”)	5: “L”
1: “T” (or “D”)	6: “J” (or “Sh”)
2: “N”	7: “K” (or “G”)
3: “M”	8: “F” (or “V”)
4: “R”	9: “P” (or “B”)

MAJOR SYSTEM

- To memorize the number “12”, choose a word that makes a good image
- Which word(s) make a good image to use?
  - “tan”, “ton”, “tin”, “tune”,“dine”, “Dan”, “dune”, “den”
- I would choose “tin” or “dune”
  - image of a tin can or image of a sand dune
  - the other words don’t make good mental images (tune, ton)

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2: “N”	7: “K” (or “G”)
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4: “R”	9: “P” (or “B”)

MAJOR SYSTEM

- Here are more examples:
  - 25 - NaiL
  - 67 - ShaKe
  - 06 - SaSh
  - 99 - PiPe
  - 37 - MiKe (person) or MiC (microphone)
    - noticed I used a “c” because it makes a hard “k” sound

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MAJOR SYSTEM

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- 3 Unique Examples:
  1. 28 = NF = kNiFe
     - Knife doesn't start with the letter N. It’s only the sound that matters.
  2. 95 = PL = aPPLe
     - Apple starts with a vowel “a”, but the first *consonant* sound is still “p”
     - Also, notice there are 2 p’s in apple. But together, they only make 1 “p” sound
  3. 63 = JM = GyM
     - G makes a J *sound*

Focus on the consonant SOUND, not the letter

NEXTLEVELMEMORY

MAJOR SYSTEM

- *Review:*
- Each number represents a consonant **sound**
- Add vowels between the consonants to make words
- Choose words that make good images
  - (#84) FiRe is better than FoR
    - You can mentally picture a fire. No image for the word “for”.
  - (#17) TaCK is better than TaKe

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NUMBERS TO IMAGE

- Number —> Consonant letter/sound —> Word ——> Image
- 39 ——————-> MP —-——-> Mop ——>

LEARNING THE MAJOR SYSTEM

- To learn the major system:
  - Make 10 flashcards
  - Write one digit on front of the card and it's consonant sound on the back
    - Example: "4" on the front, "R" on the back
  - Practice both ways:
    - FRONT: See the digit and say the letter/sound.
    - BACK: See letter/sound and say digit.
  - Takes 10-20 minutes to learn

0: "S" (or "Z")	5: "L"
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4: "R"	9: "P" (or "B")

CREATING A 2 DIGIT SYSTEM

- Once you know the consonant sound(s) for each digit by heart, you can memorize numbers 2 different ways:
  - 1) You convert numbers to images on the fly
    - Ex: 35 = m+l = MoLe or MaiL or MiLL (whatever you decide on the spot)
  - 2) Have a system, where every 2 digit number always has the same **predetermined** image.
    - Ex: 35 always represents a MoLe

CREATING A 2 DIGIT SYSTEM

- If you want to create a 2 digit system, download the spreadsheet on the numbers course page
- I've listed each 2 digit number from 00 to 99 and written in a predetermined image for each number
  - plus image for 1 digit #s (0-9)
  - You can change them, or use them all as listed
- Learn 10-20 each day and you have a number system!

MEMORIZING

- To memorize the numbers (3574)
  - 1) Break the number up into 2 digit chunks
    - 35 = MoLe
    - 74 = CaR
  - 2) Attach your image(s) to your checkpoint in your Journey
    - You can put 1 image at each checkpoint:
      - 35 = MoLe at 1st checkpoint + 74 = CaR at 2nd checkpoint
    - Or, combine 2 images at each checkpoint:
      - 3574 = MoLe + CaR = Mole driving a Car

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MEMORIZING IN ORDER

- 3574 = MoLe + CaR = Mole driving a Car
- If you combine 2 images per checkpoint, it's important to remember them in order
  - so you don't remember it backwards "7435"
- Order: Have the 1st image (Mole) doing something to the 2nd image (Car)
  - Example: Mole driving the car
  - If it was 7435 (Car running over Mole)

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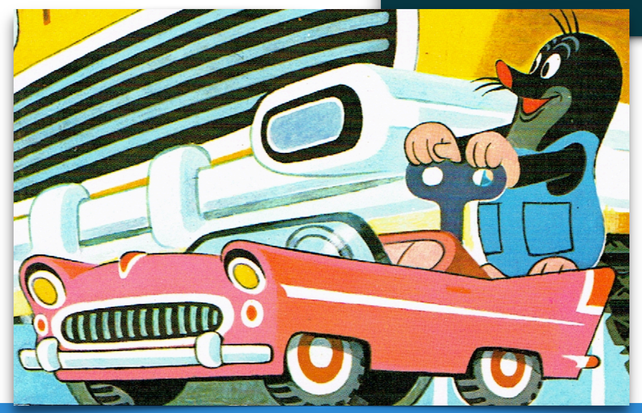

NEXTLEVELMEMORY

MEMORIZING ODD NUMBER OF DIGITS

- With a 2 digit system…
  - If you memorize an **odd** number of digits (like 35741) there will be 1 digit at the end
- Create images for digits 0-9 *(these are included in the downloadable spreadsheet)*
  - 0 = Saw
  - 1 = Tea
  - 2 = kNee
  - 9 = Poo

0: “S” (or “Z”)	5: “L”
1: “T” (or “D”)	6: “J” (or “Sh”)
2: “N”	7: “K” (or “G”)
3: “M”	8: “F” (or “V”)
4: “R”	9: “P” (or “B”)

NEXTLEVELMEMORY

KEY TAKEAWAYS

- Major System: Each digit (0-9) has it's own consonant sound
- Convert numbers into sounds.
- Convert sounds into words. Use **vowel sounds** as filler letters.
- Convert the words into images.
  - Digits —> Consonant Sounds —> Words —> Images
- Learn all 10 consonant sounds (with flashcards)
- Create a 2 digit system or form words as you please

ACTION ITEM

- Today: Learn the consonant sounds for each digit (0-9)
  - Download the Major System pdf
  - Create flashcards
  - Practice: Whenever you see a number (looking at a clock, etc.) say their consonant sounds
- Download the 2 digit system or create your own