NEXTLEVEL MEMORY

HOW TO GIVE SPEECHES, PRESENTATIONS, & PERFORMANCES FROM SOLID MEMORY

HOW TO DELIVER FROM MEMORY:

- Speeches

- Presentations & Talking Points

- Dialogue for Acting

- Choreographed Routines

- Anything related…….

    - Without notes, notecards, or prompts!

- *Note: I will refer to everything in this module as "memorizing a speech," but the principles apply to everything listed above.*

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WHAT YOU'LL LEARN IN THIS MODULE

- Benefits to Memorizing a Speech

- Memorizing Speech = Memorizing Bullet Points

- 4 Steps to Memorize A Speech

- How to Add/Change parts of your Speech

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BENEFITS OF MEMORIZING SPEECHES

- Confidence (knowing you've internalized and memorized it)

- You can focus more on eye contact and engagement w/audience

- Avoid disasters - technology & projector failures, or losing your notes

- Professional - you look like you know what you're talking about, never miss the sale

- Memorize long lists of facts (this impresses people!)

- Save time on reviewing and re-learning the material

- You can review your delivery anywhere, don't need notes

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MEMORIZING BULLET POINTS

- **<u>Do Not</u>** memorize a speech word for word

  - Too much time, slow/clunky, unnecessary

- Memorizing Speech = Memorizing the Bullet Points (Talking Points)

- You are only memorizing main points, examples, lists, talking points from the speech.

  - Almost like memorizing the notecards

- You will be storing images from your "notecards" in your Journey(s) to help you remember the order and talking points of your speech…IN ORDER

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MEMORIZING BULLET POINTS

- General Process from Creating a speech to Delivering a Speech

  - Create an Outline

  - Writing Rough draft to Final Draft

  - Practice a few times reading out loud

  - Tweak(s)

  - **Highlight and/or make notecards**

  - Practice, practice, practice

HOW TO MEMORIZE A SPEECH

- **Step 1: Make your speech and prepare for it as if you were going to use notecards.**

- **Highlight or make notes** for the points you will need to remember

  - When you're practicing, <u>what parts do you look at your notes?</u>

    - Examples, lists, facts, names, etc.

- Depending on length and amount of information, you might need a few notes all the way up to 15+ notecards. This method works for any length.

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HOW TO MEMORIZE A SPEECH

- Step 2: Convert each of your notes into SIMPLE images

  - *Only when your notes are done

- Try to make each bullet, talking point into 1 image

- Your images will work as <u>prompts</u> to remind you to talk about that point next

- The images/prompts will be in order

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HOW TO MEMORIZE A SPEECH

- Example:

  - Weight Loss Diet

    - *Image*: person deflating like a balloon

  - Eat high fat foods like: Avocados, Coconut Oil, and Eggs

    - *Image*: An avocado (w/arms & legs) cracking a coconut open like an egg

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HOW TO MEMORIZE A SPEECH

- Example: 14 benefits of beet juice (this will really impress people)

  - "Lowers blood pressure, improves stamina, improves muscle power, slows dementia, maintains healthy weight, prevents cancer, detoxes liver, reduces cholesterol, high in potassium, calcium, iron, magnesium, zinc, and vitamin C."

    - Don't memorize words like "lowers, improves, maintains"

  - Condense each point into 1 simple image

    - blood pressure = blood bursting out of a pipe

    - stamina = stem in a _____

    - muscle power = bicep muscle plugged into a power outlet

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HOW TO MEMORIZE A SPEECH

- **Step 3: Choose a Journey(s) and Attach your Images to Checkpoints in the order that you will say them**

  - *Discussed in NLM Formula Modules*

- **Step 4: Review the images 2-3 times. Then, practice delivering your speech without notes.**

  - As you deliver/practice your speech, mentally walk from one checkpoint to the next. See the imagery to remind you of your next talking point.

  - Review/adjust any images that you have trouble with

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EXAMPLE OF MEMORIZING A SPEECH

- Simple example of 5 talking points to memorize

  - Topic: How to Travel Hack

    - There will be 5 main points + a list of 4 things = **9 Images**

    - 9 images = 9 checkpoints in my Journey

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EXAMPLE OF MEMORIZING A SPEECH

BULLET POINTS	IMAGE IDEAS
• What is Travel Hacking?	Cutting a plane with a Hacksaw
• Flights	Boarding a plane
• Hotels and Restaurants	eating a messy meal on hotel bed
• Story: How I paid $0 for 3 days in NYC	Empire State Building has empty pockets
• Top 4 Credit Cards:	golfer teeing up a credit card
• 1- Chase Rewards	dog chasing ball, reward w/treat
• 2- Barclay Card	making prison bars w/clay
• 3- Citi American Airlines	plane w/American flag crashing into a city
• 4- Starwood	star mad out of wood

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HOW TO ADD IN A TALKING POINT

- Let's say you've memorized the bullets of your speech, practiced a lot, but want to add in a story or another talking point to talk about.

- Simply add the new image to a new checkpoint (in between 2 checkpoints)

  - for example: Checkpoints in Journey are bathroom sink & bedroom.

- What's in between those 2 checkpoints? Closet? Attach the new image to the closet.

- Review this part of your Journey until solid

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KEY TAKEAWAYS

- <u>DON'T</u> memorize word for word

- Memorize main points, talking points, lists, examples, facts, names, etc.

- **Step 1: Highlight or make notecards as if you were going to use notes on your speech.**

- **Step 2: Convert these notes into SIMPLE images**

- **Step 3: Choose a Journey(s) and Attach your Images to checkpoints, in order**

- **Step 4: Review images 2-3 times, then practice from memory**

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