

UNLIMITED MEMORY

NO EXCUSES !!!

CONTINUOUS USE

The more you think about something the more you remember: review

SELF-DISCIPLINE

- Create VISION (discipline = remember what you want)
- Make a decision
- Stop listening to your feelings

USING METHODS

- Studying**
 - PIC
 - Breaks 35/45min
- Presentations**
 - FLOOR
 - Word to word text : story with the Tree
- First things (fact, quote, demonstration)
- Last things
- Outstanding information
- Own links (to audience)
- Repeated information

BE ARTIST

- Mindmaps
- Remember with sequential pictures

REMEMBER NUMBERS

- 0 : Z/S/C
- 1 : T/D
- 2 : N
- 3 : M
- 4 : R
- 5 : L
- 6 : J/Sh/Ch/G
- 7 : K/C
- 8 : F/V
- 9 : B/P

REMEMBERING NAMES

- Association
- 4Cs : Concentrate
Create
Connect
Continuous Use
- Connect by comparison (George)
- Face connection (chain ice)
- Connect to places

LINKING THOUGHTS

- Forwards and backwards
- Make entire stories (presidents)
- Learning is connecting new information to old ones

Use LOCATIONS to remember

- Rooms
- Washing machine
- Etc.
- Use your home
- Do the journey forwards and backwards
- 12 keys J.Maxwell

CONCENTRATE

Never believe a lie : Pond and sea fish

- To change belief : 80% why - 20% how
- Question yourself
- Create new belief and make it part of your identity
- Beliefs are not like tattoos but like clothes !

Be HERE NOW !

- Sun rays only burn when focused ☀️
- When at work be at work, when at home be at home
- Conflicts != Concentration | Peace = Concentration

How to focus

- Take control of your inner voice
- Know what you want (Purpose/Interest/Curiosity)
- Stop multitasking
- Eliminate worry
- What if I lose my job -> what would I do if I lost my job

CREATE & CONNECT

Bring Information to LIFE

- Sounds difficult to remember(sequential)
- Make movies/images about what you read to remember
- Senses
- Exaggeration
- Energize

Use CAR to remember

- Accelerated learning -> superior organization
- 7 habits

Use your BODY to remember

10 intelligences (Tony Buzan)

PEGGING INFORMATION

Shape Peg Method

Rhyming Peg Method

- Sun ①
- Shoe ②
- Tree ③
- Door ④
- Hive ⑤
- Sticks ⑥
- Heaven ⑦
- Gate ⑧
- Wine ⑨
- Pen ⑩
- Awaken the giant / Tony Robbins