

UNLEASH YOUR MEMORY

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Reinvigorate your Brain, learn anything
faster and discover your extraordinary life



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Reinvigorate Your Brain, Learn Anything Faster and Discover your Extraordinary Life

CHAKRADHAR DIXIT

This book is dedicated to my entire family. Thank you for being the best family I could ever asked for. Your Support gives me the strength to weather any storm that comes my way.

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INTRODUCTION

This book is all about getting our superhero power using our Memory recalls i.e., using our brain to its actual potential. There are many tasks which seem impossible in the beginning, but become easy and feasible if we use our memory to its full potential. There is no good memory or bad memory. There is only a trained memory and an untrained memory. Many myths about our memory can be busted, by giving proper examples.

Why am I writing this book? Because I have explored the memory recall benefits recently. It was when I was completely shattered and not knowing what to do after working in corporate world for around 20 years in companies like Raymond Ltd., Arvind Ltd., Jaysynth Dyestuff India Ltd., etc. One day, I was listening to a motivation podcast named “7 Good Minutes” from **Clyde Lee Dennis**, when I heard about memory training. I was not sure that there is something like memory training that also existed. Believe me, after I explored the subject and got a chance to be trained by Memory Coach **Jim Kwik**, I became truly LIMITLESS and started exploring different techniques of memory training from **Tony Buzan, Aditi Mittal, Jonathan Levi, Keith Hope and Neerja Roy Choudhary**. It boosts my confidence immensely. I also got a chance to get trained by one of the India’s finest, a Speaker/Trainer/Coach Ms. Rohini Mundra. Rohini has made me believe that this world is conquerable and you need to believe in you. This is just what is required from you, and your unconscious mind will do the rest for you. I really started believing that even at my age, I can train my memory to become limitless. To tell you the truth, I memorized the complete Periodic Table, I can tell 100 objects forward and backward and I can use the number sound technique effectively. My kid, who is just 7 years of age, can tell 20 objects forward and backward, can tell first 10 elements of Periodic table and has already started writing tables with tricks I have taught him. This all in a short span of 3-4 months. This led me to teach

these methods to anybody and everybody who is struggling with their untrained memory.

This book is an effort to say thank you to all my teachers who have taught me at different stages of my life. In this book, you will come across the methods by which you will be able to learn how to learn in the first place, and any new learning will become a fun game for you. Though my aim in life is to bring changes in the lives of at least one million people, but if this small effort of mine - something so that even only one person got benefitted using techniques mentioned in this book- I will be the happiest person on this Earth and I will continue to take efforts to make this world a happy place.

Using memory strategies, we can get that boost in our memory that we all need, and it can improve your efficiency in any new learning. Keep in mind that you may need to practice a few of these strategies before they come to you easily, but once you have them down, they should clearly benefit your learning and recall of information. Please treat this book as your entry ticket to the untapped world of memory recall and I will come up with books with more advanced techniques for all i.e. students, teachers, entrepreneurs, corporate employees, professionals and homemakers, in my upcoming series of books.

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CHAPTER I. WHERE DO YOU STAND

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

- Sir Henry Ford

Questionnaire to Understand Your Learning Style

To begin with, let us first understand what is the way through which you learn anything. This questionnaire will solve your query of your learning type, and by using that technique you will be able to recall more efficiently.

1. When you don't recognize or recollect something:
 - a. It doesn't ring a bell or resonate
 - b. It seems foggy or undistinguishable
 - c. You can't get a handle on it or feel it
2. When you tell directions to your friend to reach to your home, you:
 - a. Tell him/her the directions
 - b. Draw a map for him/her
 - c. Pick him/her up instead
3. You have gone to your friend's town and are staying at a hotel far from his/her place and you have to visit his/her place, you want him/her to:
 - a. Tell you the directions
 - b. Share a map with you
 - c. Pick you up
4. You understand technical material better when:
 - a. Someone explains ideas to you
 - b. You visualize and see the whole picture conceptually
 - c. Learn practically or by hands on experience
5. You have to cook something for your family members:
 - a. You will take help of your mother or spouse
 - b. You will refer some famous Cookbook
 - c. You will cook something you already have done before
6. You have to purchase a new TV for your home. What influences your buying decision the most?

- a. A friend's suggestion
- b. Its unique look and appearance
- c. Your gut feeling

7. You have learned board games like Monopoly, Pictionary etc. by:

- a. Somebody explained it to you
- b. You referred instructions
- c. You learned it yourself

8. Which games would you prefer playing the most:

- a. Objective type questions
- b. Monopoly
- c. Dumb Charades

9. Your concentration wanders the most by:

- a. Seeing a strange painting or image
- b. Listening some music
- c. Your clothes being uncomfortable

10. If you are not sure of a spelling then you will:

- a. See the image of that word in your mind and choose the best
- b. Say it out
- c. Write it down and then then choose it?

Now try to mark your answers. If you get most or all of them as “a”, then you are an auditory learner. If you got most or all of them as “b”, then you are a visual learner. If you got most or all of them as “c”, then you are kinesthetic learner.

Let us now understand these learning types: -

Auditory Learner: - If you learn most comfortably either by listening to a lecture, podcast, audios, discussions, etc., then you are an Auditory Learner.

Simple Tip: - If a question is asked and you look in the straight direction for the answer and recall it, that means you're an auditory learner.

Visual Learner: - If you learn through illustrations, charts, videos and other visual media, then you are a Visual Learner.

Simple Tip: - If a question is asked and you look up and mostly left side in direction for the answer or recall it, that means you're a visual learner.

Kinesthetic Learner : - If you prefer learning by physical interaction or have a hands-on approach to learning, then you are a Kinesthetic Learner.

Simple Tip: - If a question asked and you look in the downwards direction for the answer or recall it, that means you are a Kinesthetic learner.

Test your memory to know where you stand now

Let's test your memory to understand where you actually stand as of now and how much time you have to set aside every day for self-development to get your superpower back.

List #1. Here is a list of 20 words which you have to read and memorize for 5 minutes. You have to recall it in 5 minutes in the later section.

1. Ace
2. Taurus
3. Cube
4. Nibble
5. Punch
6. Braille
7. Notes
8. Oxygen
9. South Africa
10. Deca
11. Apollo
12. Jupiter
13. Rugby

14. Stone
15. Myanmar
16. Chess
17. Haiku
18. Golf
19. Gower
20. Dartboard

List #2. Here is list of 10 numbers of 5 digits each and you have 5 minutes to memorize it and 5 minutes to recall it in the next section:

1. 13911
2. 73758
3. 81702
4. 82841
5. 24167
6. 48530
7. 16154
8. 73110
9. 21492
10. 94120

Test #1. Recall the list of words in the sequence given below and give yourself two points for every word recalled correctly.

- 15.-----
9. -----
3. -----
8. -----
6. -----
4. -----
7. -----
2. -----
17. -----
1. -----
19. -----
5. -----
10. -----

12. -----
20. -----

Test #2. Recall the list of numbers in the sequence given below and give yourself two points for every correct recall.

8. -----
5. -----
6. -----
4. -----
7. -----
3. -----
9. -----
2. -----
10. -----
1. -----

Test Scores:

Please note your scores below to evaluate your overall performance:

Test No.	Your Score
Test #1	
Test #2	
Total Score	

Score 1-20: - This book will work for you to first implant the memory hacks so that you can get a better score. For that, you have to promise that you will give special attention so that magical results can be seen in your memory.

Score 21-40: - You are, knowingly or unknowingly, already practicing some of the memory techniques and are on your way to become a Memory Superhero. Just a little bit of brushing up is required to make yourself a real gem.

Score >40: - You are already a superhero, but your powers need a little awakening, after which you will attain whatever you have dreamt in your life.

Now that you know where you stand (as of now) and what sort of efforts are required to get the maximum benefits of your brain capacity, let us now understand what a brain is capable of. You have a Ferrari with you, but the driving skills for that Ferrari is what is needed to achieve maximum output. In the next chapter we will learn about the mother of all super computers made till date i.e. your brain and its potential.

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CHAPTER II. BRAIN POTENTIAL AND MEMORY MYTHS

The Human Brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe.

-Michio Kaku

What we should know about our brain

The most powerful computer ever known is the human brain. The human brain is [more complex than any other known structure in the universe](#) .

Weighing in at three pounds on an average, this spongy mass of fat and protein is made up of two overarching types of cells—called neuroglia and neurons—and it contains many billions of cell body. Neurons are notable for their branch-like projections called axons and dendrites, which gather and transmit electrochemical signals.

Together, this complex network of cells gives rise to every aspect of our life. We cannot breathe, play, love, or remember without the brain.

The human brain comprises of about one billion neurons. Each neuron forms about 1,000 connections to other neurons, amounting to more than a trillion connections. If each neuron could only help store a single memory, running out of space would be a problem. You might have only a few gigabytes of storage space, similar to the space in an iPod or a USB flash drive. Yet, neurons associate in such a way that each one helps with many memories at a time, exponentially increasing the brain's memory storage capacity to something closer to around 2.5 petabytes (As a number, a "*petabyte* " means 1024 terabytes or a million gigabytes). If your brain worked like a digital video recorder, 2.5 petabytes would be enough to hold three million hours of video. You would have to leave the Video recorder running continuously for more than 300 years to use up all that storage.

So, you will never be short of memory space at any stage of your life. Now, let us understand some myths about the memory which we have about our mind, but actually do not exist. We will discuss the exact truth about the myths we have so that we can learn anything faster and without a doubt.

What are the certain myths to be broken?



There are some limiting beliefs which stop us from achieving what we expect from our life, and the same is true for our memories, also. Five such myths are listed below which we have to overcome and reach our full potential with proper memory skills.

Myth #1: - “I am too old to learn new skills.”

Truth: - Age is just a number and yes, it’s 100% true in case of memory. Older people can learn multiple new skills with a growth mindset and with the right belief system. So, believe in yourself and you can learn anything and at any age just by employing right memory techniques.

Myth #2: - “I have a bad memory.”



Truth: - There is no such thing like a good memory or a bad memory. There is only an untrained memory and a trained memory. Anyone can improve their ability to remember and recall information. It simply comes down to whether you practice effective memory skills. Your memory can be exercised just like anything else. The fact still remains that practice makes progress and you eventually become perfect.

Myth #3: - “I can’t remember too many things because I have a limited memory.”



Truth: - Our brain is just like our muscles. As we exercise to improve our muscles, the same is the case for memory. The more we use our memory,

the stronger it will become. As we have seen in the previous section, our brain potential is almost limitless. Hence, we can increase our memory capacity exponentially by associating new learnings with the data we already have in our memory. So, just by some memory training exercises we can unleash our brain potential.

Myth #4: - “Some people have photographic memory.”

Truth: - Very few individuals possess this ability innately. The truth is that most people who are skilled with their memory have used learned strategies and practice, and have a particular interest in the topic. Even if you do not feel like you have that great of memory retention, practicing strategies can help you become an expert.

Myth #5: - “Memory benefits from long hours of practice.”

Truth: The way you practice is more important than how much you practice. In other words, you should use creative relevant strategies unique to your own learning style rather than an ineffective strategy for hours on end.

Now that you know the myths about our memory, please leave all of it behind before proceeding further, and start your journey of new learning and explore the world of unlimited memory.

CHAPTER III. WHAT IS A MEMORY

Our Memory is a more perfect world than the universe: it gives back life to those who no longer exist .

- *Guy de Maupassant*

Understanding Memory Types

Memory is the retention of information over time. Although the word ‘memory’ may invoke up an image of a singular, “all-or-none” process,

it is clear that there are actually many kinds of memory, each of which may be rather independent of the others.

Memory can be categorized on the basis of flow or registration of information or retention time as: -

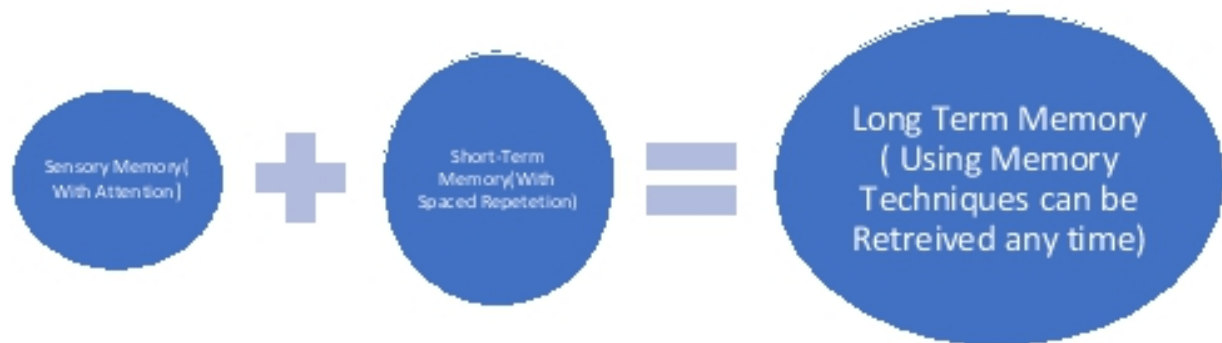
1. **Sensory Memory:** - It is related to memories that last no more than about a second. If a line of print were flashed at you very rapidly, say, for one-tenth of a second, all the letters you can visualize for a brief moment. After that, the presentation establishes in your memory. This visualization disappears after a second.
2. **Short- Term Memory (Working Memory):** - When you are trying to recall a telephone number that was heard a few seconds earlier, the name of a person who has just been introduced, or the substance of the remarks just made by a teacher in class, it all gets recorded first in your short term or 'Working Memory'. It lasts for 15-30 seconds and can store +/- 7 Bits of information at any given time. Even though short-term memory is very short, you are, in fact, constantly using it. You use it to remember the beginning of this sentence as you get to the end. You use it to sustain a conversation which involves listening, formulating what you are going to say, and then saying it.

Examples: - You use short-term memory when you are baking, to remember the quantity of flour you need to weigh out. In a restaurant a waitress will use her working memory to write down your order as you're speaking it – but note that if she takes the whole table's order and then goes to the machine to punch it in, she's probably transferring your order to long-term memory.

3. **Long Term Memory:** - In this book, the concept of memory we are referring here onwards will be your long-term memory (unless specified otherwise). It lasts from a minute or so to weeks or even years. From your long-term memory, you can recall general information about the world that you learned on previous occasions, memory from specific past experiences,

specific rules previously learned, etc. Data from our Short-Term Memory get transferred in to our Long-Term Memory on the basis of attention, interest and methods by which we register the memory in our brain.

Memory flows in the following way to store in our Long-Term Memory for a better recall.



On the basis of Information, we put in our brain i.e. input types, following memories are formed:

1. **Auditory Memory:** - It is the memory which is restored in our brain through our ears and store is our Auditory memory it could be a school or a college lecture, any discourses by famous people, listening to the radio, podcasts, etc.
2. **Visual Memory:** - This is something which we see and the information gets registered in our brain. It could be a movie, a television show, some incidents which are so vivid and colorful

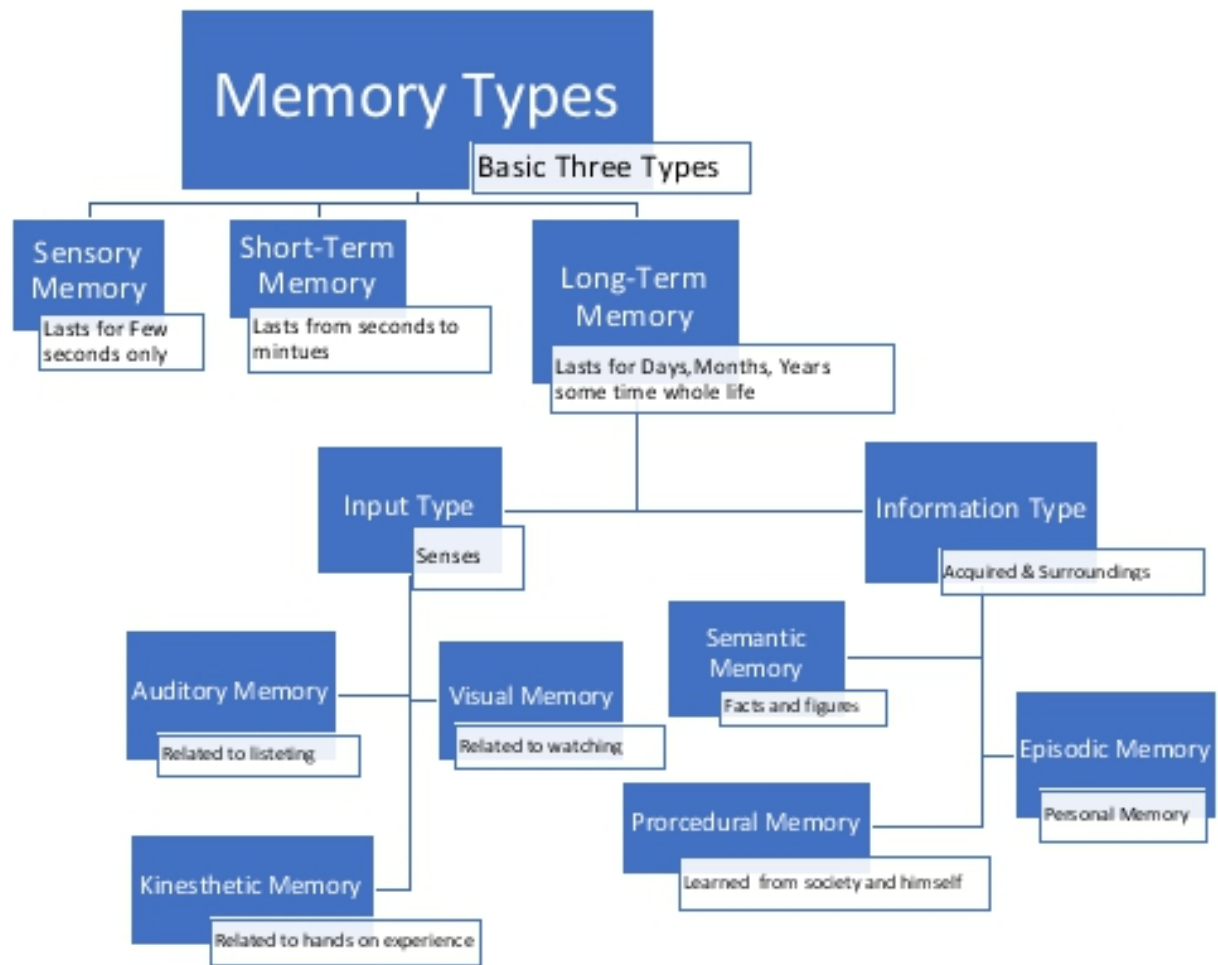
that we cannot forget, etc. becomes a part of our visual memory.

3. **Kinesthetic Memory:** - This memory is stored in our muscles and we unknowingly use it on a regular basis, like applying brakes when needed while driving a car, playing a shot in cricket once the ball is bowled, picking up a water bottle when you feel thirsty, any dance moves you have learned, etc.

Finally, **On the basis of category or type of information we obtain from our surroundings**, following memories are formed in our brain: -

1. **Semantic Memory:** - This is formed in our brain through different books we refer or different data which we get to know from our research. This mostly registers in our brain through our academic study or by our studious nature. Some examples of this could be scientists and their inventions, state and country capitals, historical events and dates, chemical formulae and calculations, etc. becomes part of our semantic memory.
2. **Episodic Memory:** - This memory is our personal memory, i.e. all about us. Where we were last summer, what are the interesting things we were doing in the class or at our office, which movies we were watching with our family or friends, a mishappening with us, etc. Mostly it is in happy moments or accidents that this memory gets affected the most and runs in our mind as episodes. Hence, the name 'episodic memory'.
3. **Procedural Memory:** - This memory is purely on the basis of the skills we learn out of interest or inculcated in us from our society like playing the guitar, dancing, cooking, operating machinery, table etiquettes, stopping at red signals, etc.

The below diagram explains our complete flow of memory in our brain: -



How a Memory is Formed in Our Brain

A memory is created in our brain by RESTORE i.e. (REgistration, STOrage and REtrieval). So, we have to remember “RESTORE” only

in cases where we have to tell about the memory creation in our mind. Now, let us understand in brief about these three processes.

Registration: - As the name suggests, it is the first process for enrolling the information in our brain's university by filling out proper forms. 'Registration' is basically getting information from all the available resources for our future usage. It is in the form of a sensory or a short-term memory and purely on the basis of our AIM i.e. Attention, Interest and Motivation, that information is either stored permanently or flushed out of our system.

Example: If we are asked to remember certain manufacturing process flow, and are highly paid for this information, we tend to remember that information more as we will give it full attention, and take a lot of interest as money is the motivation here. But, if we have been asked to remember it for our exams, we most probably have to revise it multiple times before actually memorizing it or using that information. This is how it is decided whether it goes to our Long-term memory or not.

Storage: - Storage is the most important step in memory creation as this is the step in which we actually store any given information for recalling it for our future use. It is our mental filing system and it decides whether we will be able to recall the information or not.

Example : Suppose you inherited some jewelry from your grandparents, which is worth a million bucks, and they have asked you to keep it in a safe and not reveal it before your 20th birthday. If you will keep it properly, your mind will keep giving you clues until your 20th birthday. But, if you would have kept it in a hiding place and had not shown the care it deserved, then you are most probably going to forget the hiding place.

So, your mental filing system decides if you will get the desired information retrieval when you actually need it.

Retrieval: - This is the final process, but it entirely depends upon first two processes and gives you superpowers if you have followed first two steps religiously.

Example : You have to give a presentation on sales performance of your organization and you have researched for all the information for more than a week and prepared a well-organized presentation both in PPT as well as

video format(REGISTRATION) and have practiced it minimum seven times or more in front of mirror, your spouse, one of your friends or a colleague whom can trust (STORAGE). There is every chance that you are going to present it in most efficient way (RETRIEVAL) and will surely get that promotion which has been due since the last few years.

Each of these three steps mostly depends upon our AIM (Attention, Interest and Motivation) and our habit loop (Cue, Craving, Response and Result). 'Habit loop' is, how a good or a bad habit is formed in our daily routine and also how small steps takes us to glory.

One such example of a habit loop is you always forgetting your monthly light bill payment. If you form a habit loop, it can be solved permanently. You decide that you will never forget the payment of energy bill hereafter (CUE) and whenever you go out of your room you make it a habit(CRAVING) of switching off the lights(RESPONSE), it will give you a reduction in your energy bill (RESULT), which will let you remember the payment of your energy bill as you have achieved some positive outcome due to your daily actions.

Also, our Attention and Interest in any information depends upon our emotions that how much we are connected to that information. If we are aware of the fact that we need this information for our progress then we are tended to remember that information well. One such example could be, recall any past conference or seminar you have attended which was about your healthy lifestyle and you were suffering with some health issues at the same time and was not getting any solutions for the same. In that case you had attended that seminar with more interest and your attention is also 100% percent and you can recall at least 50-60% tips shared by speaker as you have already used those tips and have got its benefits. So, by giving our full attention i.e. fully present and showing enough interest we will have better memory recollection. Motivation comes with your attention and interest as you are fully aware and know the profits that you are going to get using that information and this motivates you to use that information to improve your lifestyle, finances and career prospects etc.

Why we need Memory Training in the first place

Memory Training is a must for every individual who wants to take control of their life, who wants to be organized and wants to become a real superhero as one sees in movies and wants to become better than their colleagues, be it the corporate office, college or in other aspects of life. Let us take examples of different individuals and understand the effect of memory training on them.

Students: - Being a student, you have to study many subjects and undergo multiple tests almost every week. Suppose you have a memory which can hold all the information and helps you with clues just by studying for a maximum of two hours a day. Also, by using certain memory techniques, your revision of any subject will also become less time consuming. On the contrary, you will be able to hold more information by revising lesser than before. Isn't it going to make your life easy and enjoyable as a student?

Corporate Employees: - Imagine, just by devoting one hour daily on mental exercises and memory tools, you will be able to organize your desk better, remember almost all the names of your clients and be able to do regular follow-ups, perform better in presentations and win the promotion. Yes, I am saying "win" here because you will deserve that promotion and you may not even have to ask for it!

Entrepreneurs: - Imagine that you are the most organized person for your clients, always keep all your promises and never forget a single commitment and even deliver before the due date. Your business will grow, right? Memory training can bring you ahead the competition and let you conquer the world.

Teachers/Coaches/Speakers: - I have kept all the three, despite them being different professions, but their main aim is to guide people to lead better lives. Suppose you are one of the favorites for your students, as you have a variety of teaching tools other than the conventional ones, and you seldom forget any point which you have planned to discuss in front of your audience. Will it not boost your confidence and morale? Will it not let you earn more and help in becoming more successful?

Professionals (Doctors/Lawyers/ Chartered Accountants): - Being a doctor, you always have to prescribe different medicines to different

patients and need to keep in mind a lot of procedures and case taking. Suppose your memory started giving clues, just by seeing your patient (that his name is so and so, etc.) you have prescribed him this brand of medicine and he was treated very well with that. Wouldn't that patient treat you like a specialist?

Being a lawyer, if you have the maximum comprehension of books that you have read. From now on, if you have to refer to the law books minimally and you can restore all the information related to clauses and criminal case studies, wouldn't your case be stronger than your counterpart? Wouldn't you be more confident as a speaker and the judge will respect your preparation and listen & understand your point of view well?

Being a chartered accountant, how does it feel if you remember all the filing dates and inform all your clients well in advance about any important dates, saving them from penalties or tax actions? Will it not help you in getting more references and in turn more clients, which in turn increases your business manifold?

Homemakers: - If you have your superhero powers you may not have to keep checking your inventories for grocery, your gas cylinders schedule will be planned, all of your bills will be paid well in advance and moreover, your kids' homework will be up to date with minimal efforts. Doesn't it seem fascinating that all this can be done in half the time you are putting in now?

Seniors : - If you use your memory recall skills you can definitely increase your brain life and can get rid of memory related diseases like Dementia, Alzheimer's and stop progressive damage to the brain. This will lead you to a happy and healthier life.

All the scenarios I have discussed above are possible to the full extent and every word is true for every individual, but the effort is required from your side. As my mentor says, you have to put efforts, but not as much as you think. So, plan your journey for becoming a Memory Superhero and we will be discussing the training methods in later chapters to unleash the superhero who resides within you. But, before starting the actual training, some basic preparations are needed which we will discuss now so that you can devote your full potential and get maximum results from this book. This book is written keeping in mind all the individuals and all training/methods are

suitable for each and everybody. So, let us discuss the preparatory steps and then start the actual journey of becoming a Superhero.

What Are The Basic Steps To Get Better Memory Recall

Memory Training is a scientific process. Hence, there are certain rules which we must adhere to and make our daily routine for getting our Superhero codes to work wonders for us.

Memory retention has certain attributes involved and we have to follow some healthy habits for our brain to work amazingly for us. Some such habits and attributes are:

- 1. Good Nourishments:** - We should incorporate some right foods like avocados, broccoli, blueberries, extra virgin olive oil, eggs, green leafy vegetables, salmon fish, turmeric, walnuts, dark chocolates are the ten brain foods which we should include in our diet for better brain functioning.

Sr. No.	Brain Food	Importance
1	Avocados	Contains high Quantities of Monounsaturated Fatty Acids Which Help Protect the Glial Cells or Astrocytes Which Actually Provide Support to The Information-Carrying Nerves

2	Broccoli	It Has Vitamin K to Improve Cognitive Abilities and Choline, Which Improves Memory
3	Blueberries	It Has Antioxidants That Protect Us from Oxidative Stress and Help Us in Proper Functioning of The Immune System
4	Extra Virgin Olive Oil	Halts the Progression of Brain Aging), Eggs (As It Has Choline That Helps to Create Acetylcholine, A Neurotransmitter Which Regulates Mood and Memory
5	Eggs	It Has Choline That Helps to Create Acetylcholine, A Neurotransmitter Which Regulates Mood and Memory
6	Green Leafy Vegetables	Helps with Slow Cognitive Decline
7	Salmon Fish	Has Omega-3, Which Provides More Oxygen to The Brain, Which Allows Us to Retain New Information
8	Turmeric	Contains Curcumin Which Can Cross the Blood-Brain Barrier and Also Has the Potential to Clear the Buildup of Plaque, And of A Protein Called Amyloid-Beta Which Causes Alzheimer's Disease
9	Walnuts	Rich in Alpha- Linolenic Acid and Polyphenols, Which Also Help in Counteracting Oxidative Stress and Inflammation, Which Are Actually Responsible for Our Cognitive Decline
10	Dark Chocolates	Contains High-Flavanol Cocoa, Which Improves Blood Flow to The Brain

- 2. Getting rid of Negative thoughts:** - Dr. Daniel Amen, famous psychiatrist and New York time best-selling author, calls it as 'Automated Negative Thoughts' (ANTs) and professes that negative thinking diminishes the brain's ability to think, reason and form memories. Also, it produces risks of dementia. Basically, negative thinking drains our brain's resources, so we must avoid negative thoughts at any cost and train our brain to think positively by listening to the right content through podcasts and lectures and practice meditation for better control over thoughts arising in our minds.
- 3. Regular Exercise:** - Regular exercise increases the heart rate, which pumps more oxygen to the brain. Also, exercise helps in the release of endorphins, which interacts with the receptors in [\[1\]](#) our brain and gives us a positive feeling in our body, thus helping us gain more energy to do our chores. To tell you the benefit of exercise in one study, Art Kramer, a neuroscientist at the University of Illinois, found that just 45 minutes of exercise three days a week resulted in an increase in the volume of the brain. Even the most sedentary people scored better in planning and scheduling.
- 4. Brain Nutrients:** - We must take regular medical advice for our brain's health and add any supplements that are lacking in our diet, like phytonutrients (helps in repairing cell damage and boosts immune-function), vitamin B12 and folate, Omega-3 and antioxidants, vitamins. Though we are planning to include good diets, but getting our brain examined for deficiency of any nutrients will help us plan our diets and supplements for our better brain health.
- 5. Keeping in company of Positive Peoples and Groups:** - Keeping yourself in the company of positive people will help you keep your brain happy, and being happy can stimulate the growth of nerve connections, improve cognition by increasing mental productivity, improve our ability to analyze and think and Increase attentiveness. So, keeping company of good

people around you or reading good books will keep your brain happy and healthy.

- 6. Clean and Hygienic Environment:** - Keeping your surroundings clean will make you more optimistic after failure. The act of organization provides a physical signal to tell the brain that we have achieved success by being orderly, which will inevitably result in feelings of affirmation. Being clean allows you to take on challenges and tasks with a refreshed, positive outlook.
- 7. Appropriate Sleep:** - Sleep keeps the brain healthy by clearing out toxins that naturally build up throughout the day. During sleep, microglial cells help remove beta-amyloid protein found in the brains of Alzheimer's patients. Also, astrocytes prune away unnecessary synapses and repair the brain's neural wiring. If we are deprived of sleep, the reverse will happen, which can inflict chaos in the brain and will affect our decision-making ability. So, plan for appropriate sleep for at least 7 hours, for a better and brighter brain.
- 8. Protect your brain:** - We must protect our brain by avoiding risky adventurous sports like bungee jumping, boxing, cave diving, scuba diving, mountain biking, etc. and keep ourselves safe from accidents so that we can use every features of brain quite efficiently. But some adventure sports which require immense focus and also are high on adrenaline sometimes strengthen mental health. Such sports are archery and swimming, which actually improves the health of our brain.
- 9. Learning New Skills:** - Dr. Denise Park, a neuroscientist at the University of Texas at Dallas, had randomly assigned 200 older people to do different activities and found that there was quite an improvement in the memory of participants. When tested again a year later, the improvement was constant. That means that learning any skill strengthens the connections between networks in our brain and in some people, it has even

delayed the symptoms of dementia by even 5 years or more as compared to their counterparts.

10. Managing Stress: - Stress narrows our ability to think clearly, function effectively and wreaks havoc over our emotional equilibrium. Stress can even kill the brain cells and reduce the size of the brain. If the stress is chronic, it can even shrink our prefrontal cortex, thus reducing our memory and learning ability. Why does this happen? This is because our brain switches to survival mode i.e. our “amygdala” i.e. “stress response system” gets activated instead of hippocampus which actually looks after our memory management. It was fine with our ancestors, because they were hunter-gatherers and more concerned for their survival from the wild animals.

If we manage the stress well, we can be happier, healthier and more productive. We may not get rid of stress completely, but we can change our attitude towards stress by having a healthier response to stress. Also, by employing above 9 habits we can even manage our stress to quite a great extent.

Here, all the theoretical knowledge about understanding the brain memory ends. We will learn about the techniques of improving our memory practically and in a fun way to get amazed ourselves. I can assure you, once you learn these techniques, you will never be the same person as you are right now, because you will be full of confidence and ready to learn any new skills and take the world head on. So, let us start our journey towards a better you.

CHAPTER IV. DIFFERENT MEMORY RECALL METHODS AND ITS PRACTICAL USE IN DAILY LIFE

*Sometimes, it only takes a simple thought to help us
remember what it took us years to forget.*

- Craig D. Lounsbrough

Different Memory Recall Methods

In the age of Google and Wikipedia, it is easy to dismiss an impressive memory as a useless skill. But sometimes, you won't have access to internet. Sometimes, like an interview or when you're giving a speech, reading aloud can give you a terrible impression. So, until the time where your speeches are programmed into a chip in your brain, a good memory can be a huge advantage.

Many college courses require you to memorize mass amounts of information. Memorizing for one class can be difficult, but it can be even more frustrating when you have to do so for multiple classes. Many students feel like they simply do not have strong memory skills. Fortunately, though memorizing is not just for an elite group of people born with the right skills-anyone can train and develop their memorizing abilities.

Competitive memorizers claim that practicing visualization techniques and using memory tricks enable them to remember large chunks of information quickly. As per The Learning Center, University of North Carolina at Chapel Hill's Research shows that students who use memory perform better than those who do not. Memory tricks help you expand your working memory and access long term memory.

Some of the techniques which we are going to discuss may feel strange at first or take some time to develop. The more you practice them, the easier and more natural they become, and the more information you can commit to the memory. Also, remember that you do not need to do every technique; experiment with a few and find which ones work for you.

Some of the memory recall techniques and their uses for all i.e. students, entrepreneurs, corporate employees, professionals and homemakers, which we are going to discuss with practical examples to understand better. Those recall techniques are:

1. Associations and Peg Method
2. Chain Linking Method
3. Loci or Roman Room Method
4. Number Sound Technique
5. Mnemonics

6. Creative Note Taking Using Mind Map® (A technique devised by great Tony Buzan)

Let's start with the first technique, which is the most famous and used by most of the memory champions all over the world for recalling high bits of information from 100 to 500 objects.

1. **Associations and Peg Method**

As the name suggests, this technique has two parts: first one is the Association and second part is pegging of information using that association. The method involves association of objects which are already stored in our memory with the list of items which we have to remember. This technique let us remember any number of items if we have associated our list well with items in our memory and just by simply visualizing, we can memorize the list and use it whenever we require. So, in association method, we can start with a list of 20 words and try to memorize it.

Our 20 words are: -

1. Sun
2. Shoe
3. Traffic Lights
4. Chair
5. Fingers
6. Guitar
7. Rainbow
8. Octopus
9. Cats
10. Toes
11. Aquarius
12. Roses
13. Deck
14. Carrots
15. Tennis
16. Candles
17. Magazines
18. Voting Booth

- 19. Golf
- 20. Glasses

Try to memorize the above words using the traditional method which you have learned in school.

How many are you able to recall? Please put down the list of words below, in sequence.

- 19. _____
- 8. _____
- 17. _____
- 9. _____
- 20. _____
- 7. _____
- 6. _____
- 5. _____
- 16. _____
- 10. _____
- 12. _____
- 3. _____
- 4. _____
- 13. _____
- 14. _____
- 2. _____
- 15. _____
- 11. _____
- 1. _____
- 12. _____

I hope you have remembered most of the information within 10 minutes of memorization. If not, try this technique and you will definitely see the difference in your memorization power.

Our 1st number is “Sun”. We have only one sun, so 1 becomes our clue for “Sun”. Similarly, we wear two shoes when we go to office or school or outside, one for the right foot and one for the left foot. That way, 2 gives us the clue for “Shoe”. We can see three traffic lights worldwide i.e. Red, Green and Yellow and this gives us our clue for the word “Traffic Lights”. Anywhere in the world, a chair has 4 legs or four wheels, leaving one or

two exceptions. 4 gives us clue for “Chair”. By now, you would have understood the pattern. Words have some relation with their number sequence and we are associating numbers with words to get better recall of list of words. So, let us first complete whole association and then see how to use this practically to get information back from our memory. Number 5 can be associated with 5 “Fingers” in each hand. Number 6 can be associated with 6 strings of a “Guitar”. Number 7 can be associated with 7 colors of the “Rainbow” i.e. Red, Orange, Yellow, Green, Blue, Indigo and Violet. Octopus has 8 hands/pods so “Octopus” can be associated with number 8. We have read that cat has 9 lives so “Cat” can be associated with number 9.

Similarly, we have 10 toes on our feet, so 10 can be associated with “Toes”. For 11, we have our 11th zodiac signs i.e. “Aquarius”. For 12, we have dozens of flowers, i.e. 12 “Roses”. For 13, we have 13 playing cards for each suit i.e. Diamonds, Hearts, Spades and Clubs. For 14, we have 14 “Carrots” song by Selena Gomez. For 15, we have “Tennis”, as a score in tennis is 0-15-30-45. That way, 15 can remind us of tennis. For 16, we have “Candles” i.e. 16 candles for the birthday of someone who has just turned 16 years of age. For 17, we have “Magazine” as there is a magazine with name ‘Seventeen’. For 18, we have “Voting Booth”, as we get voting rights universally at 18. For 19, we have “Golf” as 19 is the clubhouse bar in golf and in case of a tie after 18 holes, an extra hole is played. Finally, for 20, we have glasses, which brings a lack of 20/20 Vision for our eyes, which reminds us of putting “Glasses”.

We will call this a **“Sun List”** hereafter. So, we have associated all 20 words successfully. Now, try to recall all the 20 words and write them in the random sequence mentioned above or in the below sequence and note down your improvement in score.

16. _____
8. _____
10. _____
17. _____
9. _____
20. _____
13. _____
4. _____

11. _____
7. _____
19. _____
6. _____
5. _____
12. _____
3. _____
14. _____
2. _____
15. _____
1. _____
12. _____

Surely, you are able to recall more than before, and for some, it could have improved by 30-40%. Excited that it is working for you? I am pretty sure, by the time you finish this book, you would have already doubled your memory power unknowingly and would be ready to learn many new things which you always wanted to learn.

Now, we will put the first technique into practical use and start with students and teachers first. We are going to peg our information with a list of words which we have memorized. 'Pegging' means using hooks or clues to remember any information with the prior memory we already have. As we use hangers or pegs to hang our clothes in our house, we are going to use sun list as our hanger of information for recalling the information.

For Students and Teachers: -

Let us assume that you have to remember the list of Top 10 countries with their freshwater resources- [\[2\]](#) :

1. Brazil
2. Russia
3. Canada
4. United States
5. Indonesia
6. China
7. Colombia
8. Peru

9. India

10. Democratic Republic of Congo

We have our list of 10 words already and we will start pegging the new information to make connections for better recall.

Before making the connections, please keep in mind that we have to visualize the information and use the “**Vowel technique (A, E, I O, U)**” for actual pegging where A stands for Action, E for Exaggeration, I for Illogical, O for Outstanding and U for Unusual. Essentially, we have to club our information with the memory we already have in such way that we are imagining ourselves to be present there in the association, the information is exaggerated in such a way that has no relevance with the actual information, and also the associations should be completely illogical. We are doing this because our brain loves novelty and helps us recall anything faster which is exaggerated (not only the present). Illogical is when it cannot be logically present or associated with the information which we have to recall. Outstanding is an out of the world or Unusual i.e. never been seen so it becomes a mysterious information and we tend to remember peculiar things most. If you attend an event, you tend to remember that person who has a different dressing style from all others or not adhering to the theme of party, or wearing a strange smelling perfume or sporting a big moustache, the most. So, while pegging the information, visualize it like a kid.

Now, let us peg the information and check if we can recall it or not.

Brazil- Sun

Imagine that **Sun** is playing football in **Brazil** . Imagine it in such a way that the hot orange Sun is the striker of the National Team of Brazil and hitting goals for them.

Russia-Shoe

Next, visualize you are in Moscow and buying **shoes**, but you don't know **Russian**. The shopkeeper is asking you to say ‘*obuv*’ (‘shoe’ in Russian).

Canada-Traffic Lights

You are holding maple leaves and standing on **traffic lights** , waiting for it to turn green in **Canada**, but then a snowstorm comes and everything gets

covered in snow.

United States-Chair

You and Mr. Donald Trump are seated across a big **chair** , talking about the freshwater issues in the world, which reminds you of the **United States** .

Indonesia-Fingers

At Bali, **Indonesia** you are asked to dip the **fingers** of your right hand only in holy water and wash your face. Only then can you enter Uluwatu temple, which will remind you of **Indonesia** .

China-Guitar

Sixth, visualize Jackie Chan inviting you for dinner at his house in **China**, but you are telling him that you have a music concert and you have to play a **guitar** there, so you cannot come.

Colombia-Rainbow

Seventh, you can imagine Columbus giving you ride in his **rainbow** shaped ship to **Colombia** (Colombia has got its name after Columbus) and you can recall Colombia at 7th place.

Peru-Octopus

For 8th place you are riding on an **octopus** to reach Lima, the capitol city of **Peru** and the octopus is asking for *chullos* (Peru's specialty cuisine) to eat instead of fare.

India-Cat

For 9th place you can imagine you have met Cat dressed like woman, who is asking for directions to Taj Mahal at New Delhi railway station and you are guiding her. This will remind you of **India** .

Congo-Toes

At 10th place, you are in **Congo** getting diamond rings as a welcome gift, but are being asked to wear them on your **toes** instead.

This way, you can recall all the top 10 countries with maximum freshwater resources. This will be a more time-taking exercise from your conventional system, but the recall will always be there if you follow a spaced repetition.

Let us check if you can recall the information or not. Try to answer the following questions to check your progress: -

1. Who is Playing Football and Where?
2. Where are you buying shoes?
3. Which is the country where you have maple leaves in your hand and where are standing at the time of snowstorm?
4. Whom are you discussing to regarding fresh water and where?
5. Which is the country where you are not allowed in Temple and what they are asking you to deep in holy water?
6. Where is Jackie Chan's house and what you are doing in evening?
7. Columbus is giving you ride in his ship, what is the shape of the ship and which country is it?
8. Octopus is taking you to which country?
9. Cat dressed like a woman dress meets you in which country?
10. Where have been asked to wear the diamond ring and what is weird about the ring?

After pegging the information, these are the questions which you have to ask yourself and you will be able to recall all 10 countries, and that too in sequence. If someone asks you which country was at the 7th place, you have the rainbow at the 7th place, Columbus will come in your mind and “Colombia” will become your answer. In later chapters, we will learn how to make your list bigger and easier.

Now, let us do an exercise for corporate employees and consider pegging the information using ‘association’ technique.

For Corporate Employees: -

Here, let us take a list of ten career secrets ^[3] for corporate employees, which they should always keep in mind, making them as their habits to become successful in their career. Let us consider following points and put our technique in practice.

1. Take initiative
2. Be your own evaluator

3. Be ready to learn
4. Anticipate needs
5. Communicate well
6. Set goals to achieve
7. Show, don't tell
8. Gain trust
9. Create solutions
10. Be compassionate

Taking Initiative-Sun

Let us imagine for the first one “**taking initiative**” as **Sun** God is himself coming as our undeclared leader and taking initiative to lead us to reach up in the sky as he moves.

Be your own evaluator- Shoe

For **Be your own evaluator**”, we can imagine evaluating our **shoes** for any defects without waiting for the shoemaker to tell us.

Be Ready to learn- Traffic Lights

For “**Be Ready to learn**”, we can imagine having such an urge of learning that we can even study under **traffic lights** also.

Anticipate Needs-Chair

For “**Anticipate Needs**” we should consider the ‘**chair** as our boss. The handles are weak and should be repaired as soon as possible, so we anticipate that and get it repaired.

Communicate well- Fingers

For “**Communicate well**”, we can imagine that our **fingers** are talking to each other for calling someone and getting it done convincingly.

Set goals and achieve- Guitar

For “**Set goals and achieve**”, we can think of learning **guitar** in 2 weeks is our goal and we are achieving it and getting rewarded for the same.

Show, don't tell- rainbow

For “**Show, don't tell**” we can imagine the **rainbow** as 7 floors of 7 colors with very difficult steps to climb. We are reaching the top using those steps

and others are taking motivation from us.

Gain Trust- Octopus

For “**Gain Trust**”, it can be visualized that an **Octopus** is our competitor’s client, but by talking nicely to him, we are winning his trust and taking orders from him.

Create Solutions-Cat

For “**Create Solutions**”, we can imagine **Cat** as our troubleshooter, but he is an amateur. He is solving our computer hardware issue by consulting us.

Be Compassionate- Toes

For “**Be Compassionate**”, we can visualize that whenever we are feeling inadequate, we see the **toes** of our peon, which has bruises as he cannot even afford footwear but he never complains, this give us motivation to work more.

This way, you can remember all the 10 secrets of success and can put the secrets to use for your career growth.

Now, we can make use of a list suitable for entrepreneurs. Let us see if we can recall it using association and peg method or not.

For Entrepreneurs

What could be the most important list for an entrepreneur? Let us consider. You have started your business recently, and you always want to remember certain skills ^[4] which is essential to be a good entrepreneur. Those 10 skills are: -

1. Curiosity
2. Time Management
3. Strategic Thinking
4. Efficiency
5. Resilience
6. Communication
7. Networking
8. Finance
9. Branding
10. Sales

Now as we have list ready, let us start pegging with our Sun list.

Curiosity- Sun

Suppose you have a curious **Sun**, who is asking you what would happen if he doesn't rise today, giving you the clue for **Curiosity** .

Time Management- Shoe

Second, you have a watch in your **shoe** that reminds you of managing time whenever you're procrastinating, thus reminding you of **Time Management** .

Strategic thinking- Traffic lights

Third, your car stops at a **traffic light** . Instead of lights, there are questions, such as "what is the strategy for your business today, for next 3 months and next 5 years?" and you have to answer it, only then you can go ahead, which reminds you of **strategic thinking** .

Efficiency- Chair

Fourth, your **chair** is very efficient and comes to you every half an hour and asks about any pending work to do, and starts keeping all your belongings at its right place. Thus, you can recall **efficiency** .

Resilience- Fingers

Fifth, you are working on your keyboard for around 8 hours, but your **fingers** are still ready to work for another 8 hours. This reminds you of **resilience** .

Communication- Guitar

You have a phone which has **guitar** strings for dialing the numbers of your clients, this is how you can recall **Communication** .

Networking- Umbrella

You come to know that you have not brought an umbrella today. After watching the **rainbow** in the sky, you get the clue that you have given one of the office umbrellas to a person in the office next to yours while attending a seminar with him, this can remind you of **networking** .

Finance- Octopus

Whenever you see your bank manager, he reminds you of an **octopus** as he has a very big head, he manages eight clients at a time and always tells you to keep your financials strong if you want business loans for expansion. This will remind you of **finance** .

Branding- Cat

You have a new brand, and you are planning a logo in the shape of a **cat** with a globe in her hands, which symbolizes that she is going to conquer the world. This can remind you of **branding** .

Sales- Toes

Now, the tenth skill is sales. Imagine, your toes are hurting as you have visited many clients within a month for increasing your **sales**.

This way you can remember all the 10 skills and grow your business step by step.

For Professionals (Doctors): -

Let us consider 10 vital things for doctors, and try to memorize them using association and pegging **method** .

For doctors, these 10 things are the most essential [\[5\]](#) to be aware of at any given time for effective service and their own well-being:

1. Empathy and connection
2. The ability to translate complex information to patients.
3. Caring for people with different backgrounds, beliefs, and opinions from your own.
4. Practicing medicine is a team sport.
5. Knowing when to use technology—and when not to.
6. The digital age offers new ways to help patients take charge of their own health and wellness.
7. Practicing medicine means being a lifelong learner.
8. The rise of telemedicine will demand new skills.
9. Precision medicine is a game-changer.
10. Taking care of yourself.

Let us start pegging with the above information and try to memorize all of the points above.

Empathy and Connection- Sun

For “**Empathy and Connection**” we can imagine the **Sun** as our father, showing us concern and we are connected to him for any advice.

Complex Information- Shoe

For “**Complex Information**”, we can imagine running on snow with normal running Nike **shoes**, and subsequently falling down time and again. Hence, facing complexity as we do not understand what is the actual problem.

Caring for People with different backgrounds- Traffic Lights

For “**Caring for People with different backgrounds**”, we can be visualizing people from all over the world stopping at traffic lights and taking their entry tickets to enter the hospital for their treatments.

Team Sport- Chair

For “**Team Sport**”, we can imagine playing musical chairs with our team and everybody is getting some or the other prize.

When to use technology- Fingers

For “**When to use Technology**”, we can consider buying modern (prosthetic) robotic fingers. We are learning how to use it so that it can further be told to our patients while replacing their fingers with robotic fingers.

Digital Age- Guitar

For “**Digital Age**”, you can think of a guitar which has embedded video lessons covering all the nodes in it, which helps you to learn how to play guitar and you need not to take any music classes to play the **guitar** .

Lifelong Learner- Rainbow

For “**Lifelong Learner**” you can think of a person wearing a shirt which has all 7 colors of the rainbow, and is giving you an identity card, which has a lifetime validity mentioned on it.

Rise of Telemedicine - Octopus

The “**Rise of Telemedicine**” can be imagined by an octopus as your tech-savvy patient, who consults you over the phone for all his medical requirements and is satisfied as he is aged and cannot walk much. Since you help him over phone only, he has not even visited your clinic.

Precision medicine- Cat

For “**Precision medicine**”, you can imagine a **cat** sitting in your clinic, along with all her family members. You are telling her about her genetics, family history and suggesting her medication accordingly.

Take care of Your Self- Toes

For “**Take care of Your Self**”, you can think of going to your clinic on a bicycle, and your toes are thanking you as their pain, due to standing for longer period of time and no activity, goes away by exercising.

Hope this will make you remember all the points and you can very well be able to inculcate these secrets and habits in your daily routines.

Now, let us work out a list of words from our backbone i.e. a homemaker’s essential things. Suppose it is their to-do list for a particular day which they are not able to plan due to lack of time management.

For Homemakers

These are 10 self-care Sunday Ideas ^[6] that a homemaker has planned for herself, but cannot follow due to her tight schedule, and also forgets to do the same for some or the other reason.

1. Sleep in
2. Bake Something
3. Meditate
4. Read a book
5. Get crafty
6. Pamper yourself
7. Brunch with a friend
8. Flea market
9. Go to the movies

10. Get out in Nature

The list gives you a soothing and relaxing feeling, right? Now, let us remember this list for you so that you can follow it religiously every Sunday.

Sleep In – Sun

For “**Sleep in**” you can imagine the morning Sun who is telling you that you can sleep more as the kids do not have to go to school today.

Bake Something-Shoe

“**Bake Something**” can be visualized by the typical **shoe** tapping noise of your baker, which you don’t like and hence are planning to bake your cake at home.

Meditate- Traffic Lights

“**Meditate**” can be reminded by imagining yourself getting stuck in traffic every day, but today you met your yoga teacher and **traffic light** becomes green immediately, and you have decided to enroll for her classes without further delay.

Read a book- Chair

For “**Read a book**”, you can imagine yourself admiring a chair you have been gifted, but have not used it for many days. It’s a relaxing chair that your mother has given you for reading, as she knows it’s your hobby and you are not taking time out for your hobby.

Get Crafty- Finger

For “**Get crafty**” you can imagine using clay from your kid’s craft project and making a souvenir for your granny. You are astonished as you have a great craft skill which you had not explored till date.

Pamper Yourself- Guitar

For “**Pamper Yourself**”, you can imagine of buying a classy **guitar** for yourself. You also managed playing it daily, and you love it.

Brunch with a Friend- Rainbow

The **“Brunch with a Friend”** can be visualized by you seeing a **rainbow** in the sky, which reminds you of going to a restaurant named “Rainbow Feasts” every weekend during your college time with your best buddies.

Flea Market- Octopus

The **“Flea Market”** can be imagined by your favorite **octopus** shaped candles which you bought from the flea market last time, and your friends admired your selection and asked you to buy the same for them, as well.

Go to the movies- Cat

“Go to the movies” can be visualized by you and your **cat** watching a movie together, and your cat says it’s a nice movie and you both should watch movies every weekend.

Get Out in Nature- Toes

For **“Get out in nature ”**, you can visualize yourself walking on the beach without your footwear. Your **toes** feel rejuvenated by walking alongside the soft sand and the rolling waves.

This way, your list of 10 important Sunday selfcare routines can be remembered and put into practice. For example, every time you see your cat, though it looks unusual, you will be reminded of watching a movie with it and you will never forget to watch movies on Sundays.

This technique can also be used for planning your appointments and to-do list. Entrepreneurs, corporate employees and professionals can manage their time well just by remembering their daily chores. Once you managed your time well, you can have high productivity, better work-life balance, greater focus, less stress and more time freedom. So, use this technique at work and release your memory superpower to empower yourself.

I have suggested a list based on numbers associations. You can also go for a list of numbers with similar sounds like 1-Bun, 2- Shoe, 3- Tree, 4-Door, 5- Hive, 6-Sticks, 7- Heaven, 8- Crate, 9- Line, 10-Den etc. You can call it ‘Bun list’. Auditory learners can relate more with this list.

Numbers	Sounds
1(One)	Bun

2(TWO)	Shoe
3(Three)	Tree
4(Four)	Door
5(Five)	Hive
6(Six)	Sticks
7(Seven)	Heaven
8(Eight)	Crate
9(Nine)	Line
10(Ten)	Den

We can understand this with the help of an example. Suppose you have to plan and remember your next day's appointment. You can easily do it number rhyme method. Suppose you have following appointments: -

7am: - Dropping kids to the school
8am: - Attending Old friend's father's funeral
10am: -Weekly Meeting with boss
11am: - Video conference meeting with foreign client
1pm: - Meeting with tax authorities at their office
2pm: - Presentation on new product launch
3pm: - Interview scheduled to appoint new accountant
4pm: - Colleague's Birthday party at office
5pm: - Meeting with old friend at café
6pm: - Shopping for next month's holiday trip

By associating it with the number sounds you will easily be able to recall all the appointments for next day. Only new number in this list is eleven for which you can use two buns and you will get your clue for eleven.

Likewise, if you have appointment at 12 pm you can use bun with shoe or shoe-shape bun or bun-shape shoe and you can associate 12 with it. Let us associate the whole appointment schedule with the help of story method.

7am: - Dropping kids to the school

You have to visualize your kids are telling you their school's experience as is more of like **heaven** for them as teachers are very good and they love playing with their friends. Also, they enjoy learning on that school, as teachers do not give them any homework.

8am: - Attending Old friend's father's funeral

You can imagine that your old friend who father was giving you **crate** full of gifts for you when you were going to his home, is no more and you have to attend his funeral.

10am: -Weekly Meeting with boss

You can visualize your boss as lion and you are entering in his office which is like his **den** and you are quite fearful as you are thinking that you have not achieved your targets but actually your boss is giving you complement for the new tradition which you have started in your office for training of new recruitments.

11am: - Video conferencing with foreign client

You can imagine that one your foreign clients who love eating two buns at a time i.e. literally binging two buns and always talks about different recipes of preparing bun when he is good mood, can remind you off your appointment at 11am with him

1pm: - Meeting with tax authorities at their office

For this you should think a shop below the Income tax office which sells very good **buns** and you always take parcel for your foreign client whenever you visit that place. For pm i.e. afternoon you can visualize that the shop gets open after 12pm only and remains open till 11pm in night.

2pm: - Presentation on new product launch

You can think of buying **shoe** for tomorrow's presentation or the new product is in collaboration with a famous shoemaking company and you will have your clue for meeting at 2pm.

3pm: - Interview scheduled to appoint new accountant

For this you can think of taking interview of candidates for the position of new accountant on top of the **tree** . Candidates are waiting under tree and when their turn comes up, they are climbing the tree and giving the interview.

4pm: - Colleague's Birthday party at office

For this you can think that you have make such an arrangement that when your colleague is opening the **door** of your cabin, he can hear recorded birthday wishes or flowers from top of the door are showering on him and you are giving birthday wishes to him.

5pm: - Meeting with old friend at café

For this your visual image could be a café in the shape of bee hive and you and your friend are entering in to it for having a cup of honey tea which is your most favorite one out of all the varieties of tea that café sells.

6pm: - Shopping for next month's holiday trip

For this you can visualize that you are coming home for last few days without shopping for the next month trip and your wife has warned you that if today you come home without shopping, she will be waiting along with a stick at the main door. Your wife's image with sticks in her hand can be your reminder of shopping at 6pm

Likewise, you can make your daily, weekly or monthly appointment list. Also, you can also plan for your things in the morning which you forget in your hurry to go to office and you will never forget your items again. Let us understand this also using an example.

Suppose the below given 10 necessary things which you have to carry daily while going to office and every day you forget something or other and you realize this only after you reach to your office.

1. Water bottle
2. Wallet
3. Car Keys
4. Lunch Box
5. Laptop
6. Mobile
7. USB
8. Markers
9. Diary
10. Identity card

Once you memorize by associating these 10 items with our list of 10 numbers and their rhyming sounds and you will never forget carrying these 10 items again. Your morning chores will also be completely organized i.e. you can follow the morning time table and you will never be late again to your office or workplace. This association can work students also.

Water bottle- Bun

By visualizing your water bottle is of a brand whose logo is a bun can give you your clue for water bottle.

Wallet- Shoe

You can imagine that you have bought your wallet and shoe from the same shop in which shopkeeper is very generous and always gives you 20% or more as discount as you are a loyal customer of his shop.

Car Keys- Tree

You can imagine that your car is parked on a tree and you need your car keys to bring your car down from that tree

Lunch Box- Door

For Lunch box your image can be your wife always comes calling at door when you start your car and reminds you to have your lunch on time as she has given your favorite dish in the lunch box

Laptop- Hive

For laptop you can think of making a presentation on a new programming language hive and all the data is stores in your laptop only. Nobody else has

access to that data as it is still at very nascent stage and cannot be revealed.

Mobile- Sticks

For mobile you can imagine that every evening when you come from the office you and your kid always plays a game of sticks with you and you always lose in that game so you have decided to learn some more tricks so that you can beat him in that game.

USB- Heaven

For USB you can think of images of your family trip to Maldives are stored in your USB. That trip was like a heavenly experience for you and your family and hence you will remember both the trip as well as USB

Pens- Crate

For your pen you can imagine that you have bought a crateful of pens as it is limited edition and one can only get these pens by giving order at least 8 months in advance.

Diary- Line

For your diary you can imagine instructions from your friendly boss who always tells you that learn reading between the lines and he also told you that you are an asset for your company but you need to be organized. For this he has gifted you that diary so that you can organize your thoughts, note down your ideas and start following to-do-lists.

Identity card- Den

This association can be simplest as you can imagine that your security check is a den and your security officer is from an agency called Lion's security and always stops you at main gate and ask for your identity card as you always forget to bring it.

This is the complete associations of all the items you have to carry daily to your office. Follow this association method and you will never forget to carry any item after today. Your items could be different from mine but technique will work for all the items if your associations are unusual. You can also make your own associations different that what I have explained and it will be help you the most of the time as it is your own personal

associations and chances are if the associations are personal to us i.e., we are emotionally attached to it we can recall it better.

You can also make a list in which objects have a similar shape as numbers like 1-Candle (a burning candle looks like number 1) , 2- Duck, 3- Heart, 4- Chair, 5- Hook, 6- Hockey Stick , 7-Axe , 8- Snowman, 9- Balloon (with thread tied to it),10- Bat and ball as given in the table below for your reference. Visual learners can relate more with this kind of list.

The beauty of this ‘Number Shape method’ is just by using 0-9 Numbers and shapes you can build your list up to 100 and more. For example, for Number 12 you can think of a candle with a duck on it. For 30, you can imagine a heart with a ball and so on [\[7\]](#) .

Numbers	Shapes
1(One)-Candle	
2(TWO)_Duck	
3(Three)-Heart	
4(Four)-Chair	
5(Five)-Hook	
6(Six)-Hockey Stick	
7(Seven)-Axe	
8(Eight)-Snowman	
9(Nine)-Balloon	
10(Ten)-Bat & Ball	

We can understand effectiveness of this method by taking an instance that you have made your shopping list of grocery items but forgot to take it with you. You are feeling pressure as the list is as big as 20 items. In past you would have come back home buying all the items which were not in your shopping list but once you associate your list of items with number shape method you can remember your list in a proper sequence. Suppose you have to buy Vegan gluten free list of items and your items are as per below list.

1. Black Beans
2. Lentils
3. Almonds
4. Pumpkin seeds
5. Avocado
6. Broccoli
7. Potatoes
8. Apple
9. Kiwifruit
10. Apricot
11. Peanut butter
12. Corn flour
13. Soy milk
14. Coconut cream
15. Rice
16. Millet
17. Hummus
18. Tofu
19. Mustard Sauce
20. Spirulina

We will associate these items with our number shape method and our associations will be: -

Black Beans-Candle

Visualize yourself searching black beans in the grocery shop using candles and you will have your mental image of black beans ready in your memory

Lentils-Duck

For lentils you can think of a duck in a pond near your locality, who eats lentils only and visitors' swarm in your area to see this unusual duck

Almonds-Heart

You can imagine that your doctor has advised you to keep almonds with you when you have consulted him for heartburn

Pumpkin seeds- Chair

Visualize that you have bought a pumpkin shaped resting chair for your father and he is giving you blessings for gesture as he had arthritis issue and badly needed such a chair

Avocado- Hooks

For this your image could be you love avocados so much that you are dreaming of avocado plant coming out of your hanger hooks and you are plucking a fruit and eating it

Broccoli-Hockey Stick

You can imagine yourself as coach of your national hockey team and you are advising them to eat broccoli for their better bone health

Potatoes-Axe

For potatoes you can imagine your wife is chopping potatoes using a big axe

Apple-Snowman

Apple can be visualized by snowman as a courier boy has come to your house to deliver a box of handpicked apples sent by one of your dearest friends

Kiwifruit- Balloon

For Kiwifruit you can imagine your balloon seller is selling balloons in barter of kiwifruit as he has asthma and has no money for his treatment

Apricot- Bat and Ball

You can imagine that your sports teacher has kept a contest of eating apricots for selection in college cricket team i.e. who eats higher number of

apricots will be selected. He has to select a bowler who can bat also when situation demands.

Peanut butter- Two Candles (1- Candle)

This is your first association using two shapes of number -1 i.e. two candles. For this you can imagine of making butter of one-kilogram peanut by burning it with two candles

Corn flour- Candle and Duck

For this your image could be a duck has a candle using which she is making corn flour out of corns in your farmhouse

Soy milk- Candle and Heart

Visualize a heart shaped candle as the container for storage of soy milk in your kitchen

Coconut cream-Candle and Chair

For this imagine you're on top of coconut tree sitting on a chair and taking out coconuts by burning it through candles

Rice-Candle and Hook

Visualize of a rice mill where sorting is going on in candle light and loading in trucks using big hooks

Millet- Candle and Hockey Sticks

For this you can visualize yourself standing in a millet field where group of laborers are first making candles of millet using hockey sticks

Hummus- Candle and Axe

Visualize yourself having your dinner in an Arabian restaurant and waiter is telling you the story that they make hummus in their restaurant using axe and candles shaped chickpeas, lemon juice and garlic

Tofu-Snowman

Visualize yourself as snowman in a party as theme of the party is famous cartoon characters and you are getting to eat a lot of tofu as you are the winner in the fancy dress competition held in that party

Mustard Sauce- Candle and Balloon

For this you can think of buying mustard color balloons and candles for your son's birthday party as he like mustard sauce a lot

Spirulina-Duck and Ball

Visualize you are watching discovery channel animal planet in which they are showing a peculiar duck playing with balls made of spirulina

You can either use images of the number shape method up to 10 numbers as mentioned in this book or you can extend your list up to 20 numbers or more by visualizing shapes. Your image for number 11 can be Drum sticks or even your legs, like wise number 13 can be butterfly and number 20 can be snail etc. I have associated using 10 number only and if you will practice 10 numbers are more than enough for your shopping list. In case you have a longer list i.e. up to 50 items then we have another technique by which you can associate items up to 100 numbers and that technique has given further section. So, you need not to worry if you have lists as long as 100 items.

Unleash your imagination power and you will start getting benefits of your limitless memory. Only TIP (i.e. Turn into Pictures) is to start seeing the information or data that you want to remember in pictures, that means turn your imagination to see the things you want to remember in a picture or image format and you will start recalling the information very quickly. By now you would have already started thinking in pictures and next method will make it even firmer for you as it is our favorite method i.e. story method.

2. Chain Linking or Story Method

In this technique of memory recall, we can weave a story around the objects or points which we have to remember and everything comes alive in the form of a chain; like a beads necklace when we recall it for our use. We all love stories be we have listened our stories from our grandparents, language teacher and even movies and we remember most of stories once we got just one clue out of that story. This is the simplest method and can give you retention of lot of uninteresting information if you make it interesting by weaving stories around them. Let us understand it with some examples.

Let us try to link 20 items and I will tell you how you can use this list and what is the purpose of linking these items.

1. Water Bottle
2. Balloon
3. Battery
4. Barreleye
5. Boris Becker
6. Car
7. Nick Night
8. Oxford
9. Floor
10. Neo
11. Sodexo
12. Maggie
13. Alum
14. Silk
15. Porus
16. Egg
17. PVC
18. Are Gone
19. Potato
20. Calculator

Now Let us make a story using these objects and try to recall all the 20 words. You always have to connect just two words and move on. Thus, the whole chain will be formed for better memorization.

Suppose you have finished drinking water from the **water bottle**, and suddenly you see a balloon seller, blowing a balloon using a water bottle. You also try blowing one **balloon** using your water bottle. But your balloon bursts and pops up different kinds of **batteries** . You take one battery and put it in your **barrel** eye fish toy, but after putting the battery your toy started growing in size. Your toy has become so big that now you can watch a tv in your toy. On that TV, you see **Boris Becker** getting down from his **car** and starts giving batting practice to **Nick Knight** . After the practice session, Nick Knight was going to an event at **Oxford** University, where he meets **Neo**, the hero of Matrix movie, on the ground **floor** , who has **Sodexo** passes which he was selling to buy special **Maggie** at that event. Nick knight bought the passes and went to the event. At the reception desk, they were giving **Alum** and **silk cloth** to all the guests. The first event was a play

about king **Porus** in which King Porus gives Alexander the Great a golden **egg** and Alexander gives King Porus **PVC sheets** . By that time, all the generals of Alexander's army **are gone** and he has to go alone. King Porus was surprised because the PVC sheets had a substantial quantity of **Potato** wrapped into it. Those PVC bags were too many in number and Porus asked his accountant to use a **calculator** to count the number of bags.

As you have connected the objects successfully using the story method, try to recall all 20 words and check if you can recall it faster or not.

Now, as promised, I will tell you the secret about these 20 words. These 20 words or objects are the first 20 elements from your Periodic Table and by memorizing this you have memorized the first 20 elements. How, let's find out.

We will now associate objects with first 20 elements of the Periodic Table. You have a water bottle which will remind you of first element, **Hydrogen**, as water is made up of Hydrogen and Oxygen. Second, you can imagine a balloon, which has **Helium** gas filled in it. Next, as the balloon burst, batteries came out of it, which gives you the clue for **Lithium** batteries. Your mobile phones also have Lithium batteries in it. Then, from Barrel Eye Fish you can visualize **Beryllium** i.e. your 4th element. Now, Boris Becker and his car can give you the clue for **Boron** and **Carbon** . Likewise, from Nick Night and his going to an event at Oxford you can imagine about **Nitrogen** and **Oxygen** . Nick Night meeting Neo at the Ground Floor will give you the clue for **Fluorine** and **Neon** . Your first 10 elements are over.

Now let's go for next 10 elements so, Sodexo passes for Maggie which Neo is selling become your clue for **Sodium** and **Magnesium** . Alum and Silk cloth at the reception is your clue for **Aluminum** and **Silicon** . Also, the play of King Porus at the event is your clue for **Phosphorus** and his exchange of the golden Egg with PVC bags is your clue for **Sulfur** and **Chlorine** . Sulfur can be associated with Egg because Sulfur has a particular smell of rotten eggs. Chlorine is used in manufacturing PVC sheets. Emphasis on the two words **are gone** for Generals going, leaving Alexander alone, can tell you about 18th element **Argon** . Now, for the 19th and 20th elements, you have your clue as Potato and Calculator i.e. **Potassium** and **Calcium** .



This is your final story, in chain linking format for your ready reference. So, this is your complete list of first 20 elements as promised. Now, do the association using story method for the remaining 98 elements and try to memorize 20 elements at a time and you can memorize all 118 elements of the periodic table. You can build your content in this format or whichever format works for you. Try making a list, and memorize those lists with the technique that suits you best. With a little practice, you will start getting benefits from these techniques and you will become confident in making use of these methods on a daily basis.

Just by memorizing 20 objects, you have your list of first 20 elements of the Periodic Table ready. By using the chain linking method for 20 objects at a time, you can memorize the whole Periodic Table within a week and follow a spaced repetition (i.e. revising for one hour, then one day, then one week, followed by 30 days and then you can recall it after one year also) and it will become a part of your long-term memory.

One more advantage of the story method is by understanding the story pattern in any article. You can build your markers from any article or write-

up; you can recall the whole information just by using those markers alone. Let us see an example of the building the list of markers from a small portion of one article.

Let us find out our markers and try to recall the whole article [\[8\]](#) .

*One day my mentor, Mr. Earl **Shoaff** , said to me, “**Jim** , if you want to be wealthy and **happy** , learn this lesson well: Learn to work harder on yourself than you do on your job.” I must admit that this was the most challenging assignment of all. This business of **personal development** lasts a lifetime.*

*You see, what you become is far more important than what you get. The important question to ask on the job is not, “What am I getting?” Instead, you should ask, “What am I becoming?” What you become directly **influences** what you get. Think of it this way: Most of what you have today, you have attracted by becoming the person you are today.*

*I’ve also found that **income** rarely exceeds personal development. Sometimes income takes a lucky jump, but unless you learn to handle the responsibilities that come with it, it will usually **shrink** back to the amount you can handle.*

*It is hard to keep that which has not been obtained through personal development. So here’s the great **axiom** of life: To have more than you’ve got, [become more than you are](#) .*

So, we can recall the whole article by building a story using mental pictures around 8 words/objects/names and you can recall the whole article.

***Shoaff** is telling his student **Jim** who is very shy person , a joke and he became **happy** and tell that joke to his friend with confidence. His friend thinks Jim has developed as a person (**Personal Development**) and takes him to his class as an influencer (**Influence**) . Jim start earning his **Income** by telling jokes and whenever he tries to run away from his responsibilities, his income **shrinks**, and he recalls his father saying an **axiom** to him about hard work and its benefits and this leads him to work more diligently.*

Now, it is a story in your words and so you have greater chances of recalling it and that too, in more detail. Practice with bigger articles and

make your own markers and you will be able to build a habit of reading books and articles and even boring information with ease.

Also, try to make more lists, like your shopping list(using grocery items, stationary or office items), your appointments and try to recall number shape method and combine it with the story method and by mixing these techniques , you will become comfortable with it and just by little practice, you will have your own lists for and you have never to depend on your digital devices. However, there is one condition; you need to practice a little to get a complete grip on these techniques.

We will see the next method i.e. Loci Method or Roman Room Method, which is known from years and has been working well for all memory champions year around. Now, we will also try our hand and see if we can use this for solving our forgetfulness.

3. Loci Method or Roman Room Method

Loci method (Pronounced as low-sigh) is one of the oldest methods used by Greeks; and you can use it at all places, which you know precisely; and by using these places, you can recall all information. It's also one of the most researched mnemonics, demonstrating significant success across a wide spectrum of academic subjects and life situations.

The only condition with this method is that you should know everything about that place; because you are going to hide a lot of information there. If you will know that place inside out, recalling the information will not take that much an effort. Using the [method of Loci](#) or Roman room method, large amounts of data can be remembered in order, by placing images that represent the data into mental locations or journeys.

There is a story about how this method was developed by the poet Simonides of Ceos, who was the only survivor of a building collapse during a dinner he attended. Simonides was able to identify the dead who were crushed beyond recognition, by remembering where the guests had been sitting. From this experience, he realized that it would be possible to remember anything by associating it with a mental image of a location. The

Loci system was used as a memory tool by both Greek and Roman orators, who took advantage of the technique to give speeches without the aid of notes.

How does this method work for your memory? In the method of Loci, the learner visualizes a room or a familiar path through a building and mentally associates facts or information with specific locations or objects along the way. In order to recall what he's learned; he re-visualizes moving through that room or along that path and each stop along the way triggers another piece of information. This method is also called the 'journey method', creating a 'memory palace' or the mental walk strategy.



Let us consider this picture is of your childhood home and places here are as follows: -

1. Table Lamp
2. Telephone
3. Clock
4. Wall Painting
5. Couch/Sofa
6. TV
7. Dining Table

8. Centre Table
9. Cup board
10. Stairs

Now we have ten places in your house to hide the information now we should try to put the information which we want to recall. Let us recall points of speech on topic “10 all-time Successful peoples and their success formula” which you are going to present next week and those people and their quotes are as follows: -

1. Richard Branson- Always Challenge yourself
2. Oprah Winfrey-Believe in yourself
3. Steve Jobs-Don't waste your time
4. Bill Gates-Don't fear of Change
5. Mark Twain-Do it now before it's too late
6. Vince Lombardi-Work Hard
7. Napoleon Hill-Failure is inevitable
8. Albert Einstein-Be creative
9. Winston Churchill-Accept criticism
10. Thomas Edison-Take action with proper planning

Now let us start hiding the information in the places we decided in your childhood home and just by remembering your place you will able to recall that information.

1. **Lamp** - Richard Branson is on your lamp and challenging you to do well in his project on extreme tech challenge.
2. **Telephone** - You have got a call from Oprah Winfrey and she is inviting you on her talk show but you are little anxious so she is saying you to believe in yourself.
3. **Clock** - Steve Jobs is coming out of your clock and giving you iPad and telling you not to waste your time.
4. **Wall Painting** - You are planning to give a painting to Bill Gates but you there is a mistake in color scheme, which Bill points out to you and ask to change it.
5. **Couch/Sofa** - You are sitting on your couch and reading a book written by Mark Twain on do it now before it's too late.
6. **TV** : - You are watching a show on your TV in which Vince Lombardi is talking to you and telling you to work hard if you

want to be in American Football team

7. **Dining Table** : - Napoleon Hill is having dinner with you on your dining table and giving you his book Think and Grow Rich and telling you not to worry every successful person have taste failure before becoming successful so don't worry about failures it is a part of success
8. **Centre Table** : - Albert Einstein is giving a lecture to become creative and explore your imaginative power to the fullest on your Centre table.
9. **Cupboard** : - You are down with constant criticism from your bosses. Winston Churchill is coming out of your cupboard drawer and suggesting you to take the criticism creatively and work on your skills and perform better and your boss will start praising you one day
10. **Stairs** : -You can think, Thomas Edison coming with you upstairs and telling you about his failures multiple times but never lost instead got up and keep going. He also tells you to take action on your project which you think is not worth doing and hence pending from many days

You can check if you can recollect both, the famous persons and their quotes using places in your childhood home. You can make your list longer and richer for you, by adding more places from your long- term memory, like 5 more places in your kitchen could be like the refrigerator, the stove top, the microwave, the grocery storage, the wash basin, etc. You can also use location from your bedroom and your five items could be your make-up table, closet, bed, your family photo on the wall, etc. Likewise, you can use more places such as your school, college, office or someplace where you often go and you have location fixed and fresh in your long-term memory. So, increase your list by adding more places and become invincible with your superior memory power.

4. Number Sound Method

This method is used with numbers with a particular sound to memorize your bank account, ATM pin, house numbers of friends and relative, large digit numbers for memory championships and 100 digits of pi or anything else, which involves memorizing many numbers at a time. This is mainly based on 0-9 numbers associated with sounds similar to the Hindi alphabet. One who has learned Hindi will definitely find it easier. It has certain rules associated with it which we will now discuss. Let us understand the sounds for each number and put this method in to use.

Numbers	Sounds
0	Sa, Za (S,Z)
1	Ta, Da (T,D)
2	Na (N)
3	Ma (M)
4	Ra (R)
5	La (L)
6	Cha, Sha, Ja (Ch, Sh, J)
7	Ka, Ga (K, G)
8	Fa, Va (F, V)
9	Pa, Ba (P, B)

This method is purely based on sounds; we have to concentrate on sounds only, like in 'Car' we have 'Ka' sound so it will represent 7 and not 0. You will understand this when you start using this method for recalling larger numbers.

Some rules involved with this method are: -

1. This method uses 17 English letters (consonants). Other consonants like (Q, W, X, Y) are not used in this method.
2. Vowels A, E, I, O, U have no value, and they will be used as fillers only.
3. Any letter coming twice has a single value.

Before going further, I will tell you a technique to remember the sounds so that you can use it effortlessly. That technique is called the ‘body list’. For your ‘body list’ we have to put all the sounds using our parts of body. The ‘body list’ will help you remember the sounds. Now, we will start with some examples.

Numbers	Body Parts	Clue
1	Top of Head	T of Top
2	Nose	N of Nose
3	Mouth	M of Mouth
4	Ear	R of Ear
5	Larynx	L of Larynx
6	Shoulder	Sh of Shoulder
7	Clavicle	Ka Sound of Clavicle
8	Fingers	F of Fingers
9	Belly	B of Belly
10	Toes	T and S of Toes

Suppose you have to remember your ATM PIN, say ‘4275’, so we use for 4 – R, 2- N, 7- G and 5-L and further we will break in the number in two digits i.e. 42 and 75. Now we can make a meaningful word out of these two numbers

42- R, N- RuN

75- G, L - GayLe

You can memorize by visualizing this - you are watching cricket, your postman or courier boy brings your ATM Pin, and at the same time Chris Gayle is about to run out as he has an injury and you shout “RuN GayLe” while opening your courier and you will always remember your password. Also, in association we have used “u” as Filler for “R, N” and “a, y, e” as

fillers in G, L to make a mental picture using words for these numbers. Why have we made words out of numbers, is because we tend to remember words better than number, as we think in terms of pictures and stories, and numerical data does not tell us those stories - so we need to convert them into words to visualize.

Let us do some larger digit numbers i.e. up to 16 digits and make some meaningful sentences

Suppose you have to remember a number, whose digits are – 7203285084523721.

You can make a statement like “**I can see, money flows freely in my account**” and you will never forget this number again. I will tell you how it can be associated with this statement.

I is a vowel - hence no value.

Can has Ka and Na sounds so 72.

See has S so 0 and ‘ee’ as vowels - hence no value.

Money has ‘Ma’ and ‘Na’ sounds so 32.

Flows has ‘Fa’, ‘La’ and ‘S’ sounds so 850.

Freely has ‘Fa’, ‘Ra’ and ‘La’ sounds so 845.

‘iN’ has ‘Ta’ sound so 2.

My has ‘M’ sound so 3.

Account has ‘Ka’, ‘Na’ and ‘Ta’ sounds hence 721.

7203285084523721= I CaN See, MoNey FLowS FReeLy iN My ACcouNT

I hope this would have given you a better idea, as to how the ‘Number Technique’ can help you remember larger numbers.

Let us see now: what if the numbers are as big as 100 digits. For that, we first assign words to each number from 1-100, and then we can use any number with ease, and make meaningful sentences to become memory champions one day.

My list of 100 numbers are as listed in the table below. You can also make a list of your numbers or use mine. But it is advised that you should use your list, as a self-made list will have a personal value, and you tend to remember that better. My mentor Mr. Jim Kwik says, “If you have to remember any information and you associate it with your emotions, you tend to remember that information most. Any information entwined with emotions makes a long-term memory” That is his statement, and it’s true to every word.

Numbers	Words	Numbers	Words
0	See	15	Doll
00	Sauce	16	Dish
01	Suit	17	Duck
02	Sun	18	Dwarf
03	Sumo	19	Tub
04	Sir	20	Nose
05	Sale	21	Net
06	Sage	22	Nun
07	Sky	23	Name
08	Sofa	24	Noir
09	Soap	25	Nail
1	Tie	26	Notch
2	Noah	27	Neck
3	May	28	Knife
4	Ear	29	Nob
5	Law	30	Moose
6	Shoe	31	Mat
7	Cow	32	Moon
8	Ivy	33	Mummy
9	Bee	34	Mare
10	Toes	35	Mole
11	Toad	36	Match
12	Tin	37	Mug
13	Dime	38	Movie
14	Door	39	Mop
Numbers	Words	Numbers	Words
40	Rice	71	Cat

41	Rat	72	Can
42	Rain	73	Comb
43	Ram	74	Car
44	Roar	75	Coal
45	Roll	76	Cash
46	Roach	77	Cake
47	Rack	78	Cave
48	Roof	79	Cap
49	Rope	80	Vase
50	Lace	81	Vet
51	Light	82	Fan
52	Lion	83	Foam
53	Lame	84	Fire
54	Lure	85	Vein
55	Lily	86	Fish
56	Lake	87	Fog
57	Log	88	Five
58	Leaf	89	Fab
59	Lip	90	Base
60	Cheese	91	Boat
61	Shed	92	Bun
62	Chain	93	Bomb
63	Jam	94	Pear
64	Chair	95	Bowl
65	Shell	96	Bush
66	Judge	97	Book
67	Jog	98	Buff
68	Chef	99	Pop
69	Sheep	100	Daisies
70	Case		

By using this whole list of 100 numbers, we can memorize higher digit numbers. Let us try making one such association of 'Pi' up to 50 decimals.

3.14159265358979323846264338327950288419716939937510

Let us spilt all the 50 digits into two-digit numbers, so we have a list of 25 numbers and we have to remember only 25 objects to get all 50 numbers.

We will note down the words associated with these 2-digit numbers and by making a story we can memorize and recall all 50 digits. This method is used by memory champions across the globe to remember numbers in the range of 500-1000 digits and even multiple deck of card. Once you learned to make stories with words associated with numbers it will become fun and easy exercise for you. So, lets us find out how it can be done.

**14 15 92 65 35 89 79 32 38 46 26 43 38 32 79 50 28
84 19 71 69 39 93 75 10**

Numbers	Words
14	Door
15	Doll
92	Bun
65	Shell
35	Mole
89	Fab
79	Cap
32	Moon
38	Movie
46	Roach
26	Notch
43	Ram
38	Movie
32	Moon
79	Cap
50	Lace
28	Knife
84	Fire
19	Tub
71	Cat
69	Sheep
39	Mop

93	Bomb
75	Coal
10	Toes

As we have all our 25 words ready, let us try to memorize using story technique.

Our story for these 25 words can be:

Suppose on your main **Door** , you got a package having a **Doll** and a **Bun** in it, and it was actually addressed for a **Shell** company worker. At that time, a **Mole** gate crashed your house and claimed the package. He was a **Fab** looking person with a detective **Cap** and a **Moon** logo on his Shirt. You can see, he was watching a **Movie** on his mobile about **Roach** and his car has a **Notch** may due to over-speeding and had an accident with somebody, as the car was **Ram** med from behind and had a dent on its body. He offered you to watch the **Movie** and gave you his **Moon** logo and **Cap** as you were constantly staring at it. You become suspicious about him, and tied him with the **Lace**, and took out a **Knife** from his pocket, so that he cannot harm you. You lit a **Fire** in a **Tub** to make use of it, in case he tries to run away and you asked your ferocious **Cat** to keep a watch on him as you were going to call the police. Police arrived and arrested him and recovered a Plastic **Sheep** and a **Mop** from his place, which is next door. In that Plastic Sheep, he was hiding a **Bomb** and **Coal** and also, he kept a password to open the lock of the sheep. The password is **T.O.E.S.** i.e. **toes** .

If you want to remember PI's value up to 100 decimals or more, you have to just extend your story to include another 25 words and you are ready to amaze your friend and colleagues by your recalling skills. I hope this exercise will help you to work with larger digit numbers, and with some effort, you will become confident in recollecting any sort of numerical data. You can also remember all the sounds associated with numbers by using the 'Body list'.

One more application of the 'body list' is that you can use this list in situations where you are not able to write down the information, like when you are driving. You can place the information using ten places on your body and make use of it whenever you need.

I have already told you many methods of recalling information easily, and hope by now you are confident to hold and recollect a large extent of data that will let your inner Superhero win it for you in all situations. Let us revise and make your creative skills stronger by employing the technique call ‘Mnemonics’.

5. Mnemonics Method

Mnemonics are memory devices that help learners recall larger pieces of information, especially in the form of lists like characteristics, steps, stages, parts, phases, etc. We knew back in 1967 from a study by Gerald R. Miller that mnemonics increased recall. The ‘Mnemonics’ have their origin from ‘mnemonikos’ which means ‘relating to memory’.

Many types of mnemonics exist, and the type that works best is limited only by the imagination of each individual learner. The 9 basic types of mnemonics presented in this handout include **Music, Name, Word, Rhyme, and Spelling Mnemonics**.

i. Music Mnemonics

This is the same method you used to recall song lyrics. It can work just as well in academics. Music can be used to help students recall important

details to main ideas, and many learners have made songs out of information when a list of items must be learned. Advertising on the radio and TV uses music to help potential customers remember their products when shopping. With sufficient repetition of commercials, advertisers have discovered that when shoppers see their product in stores, they often start reciting the repeated phrases or jingles from the commercial or start humming the lyrics to the promotion melody.

Music Mnemonics work best with long lists. For example, some children learn the ABC's by singing the "ABC" song.

If you search online, you'll find that there are some songs already created specifically to help teach certain information, and for others, you'll have to make up your own. And no, you don't have to carry a tune or write the music correctly for this mnemonic method to work.

ii. Name Mnemonics

In a Name Mnemonic, the first letter of each word in a list of items is used to make a name of a person or thing. Sometimes, the items can be rearranged to form a more recollecting name mnemonic, for example -

ROY G. BIV = colors of the Rainbow (Red, Orange, Yellow, Green, Blue, Indigo, Violet)

Pvt. Tim Hall = Essential Amino acids (Phenylalanine, Valine, Threonine, Tryptophan, Isoleucine, Histidine, Arginine, Leucine, Lysine)

In English, the 7 coordinating conjunctions are -For, And, Nor, But, Or, Yet, So = **FANBOYS**

The order of operations for algebraic equations -
is Parentheses, Exponents, Divide, Multiply, Add, and Subtract = **PEDMAS**

iii. Word Mnemonics

This is by far the most popularly used mnemonic. To make an expression or word mnemonic, the first letter of each item in a list is arranged to form a phrase or word.

Let us see some examples of word mnemonic

The categories in the classification of life are -Kingdom, Phylum, Class, Order, Family, Genus, Species, Variety = **Kings Play Cards On Fairly Good Soft Velvet** .

Zodiac Signs- **A**ries, **T**aurus, **G**emini, **C**ancer, **L**eo, **V**irgo, **L**ibra, **S**corpio, **S**agittarius, **C**apricorn, **A**quarius, **P**isces = **As The Great Cook Likes Very Little Spice, She Carefully Adds Pepper.**

If you are studying a second (or third or fourth) language, multiple research studies have demonstrated that using the word mnemonic method improves learning and recall, especially in learning any new language.

Here's how the word mnemonic method works in learning languages. First, you choose a keyword that somehow cues you to think of the foreign word. Then, you imagine that keyword connected with the meaning of the word you're trying to learn.

For example, if you're trying to learn the Spanish word for cat, which is '**gato**', first think of a gate and then imagine the cat sitting on top of the gate. Even though the "a" sound in *gato* is short and the "a" sound in *gate* is long, the beginnings are similar. Thus, the visualization and association should trigger the recall of the correct word.

iv. Rhyme Mnemonics

Rhyme Mnemonic puts information in the form of a poem.

A commonly used Rhyme Mnemonic for the number of days in each month is:

30 days have September, April, June, and November.

All the rest have 31

Except February my dear son.

It has 28 and that is fine

But in Leap Year it has 29.

Remember this one?

In 1492, Columbus sailed the ocean blue.

v. **Spelling Mnemonics**

Here is an example of a spelling mnemonic: A principalal at a school is your pal , and a principlele you believe or follow is a rulele .

To spell Mississippi, many learners combine a **Rhythm Mnemonic** with a **Spelling mnemonic: M-iss-iss-ipp-i** .

When you start will applying these techniques in your day-to-day life, you will realize that you often use more than one method to memorize the given information, which is absolutely fine.

Now we have reached to the last method i.e. creative note taking using Mind Maps® devised by the great Tony Buzan to make our life easier in note taking and keeping track of all the information i.e. you can say filing system for all the above methods and full of colors which will make life full of colors from monotonous two color i.e. black and blue (Pens which we used to write our notes) as he quotes.

6. Creative Note Taking Using Mind Maps®

Tony Buzan, the inventor of ‘Mind Maps®’, states that a Mind Map® is a powerful graphic technique which provides a universal key to unlock the potential of the brain.

A Mind Map® has the following properties:

- It contains a central image and/or key words that represent the topic you want to Mind Map®.
- Connected to the central topic, are organic branches that radiate out from the Centre.

- The branches start out thick and end up thinner at the ends.
- These branches can be seen as headings for your topic.
- Connected to these branches are thinner organic branches.
- These branches can be seen as sub headings.
- This is followed by thinner organic branches containing details.

These basics will give you diagrams representing your thoughts in a way that radiate out from the central image, and thinking in this way is actually called '**radiant thinking**'.

Creative Note-Taking

First understand the concept of creative note taking and then we will go to actual Mind Map® tools to make the bigger chunk of information in one-page reference chart. This chart will help you in spaced repetition and you will not have to refer the whole study material or article again.

Suppose you are planning for self-development and boosting your career prospects. By using creative note taking concept, you can find your Why's and How's for self-progression.

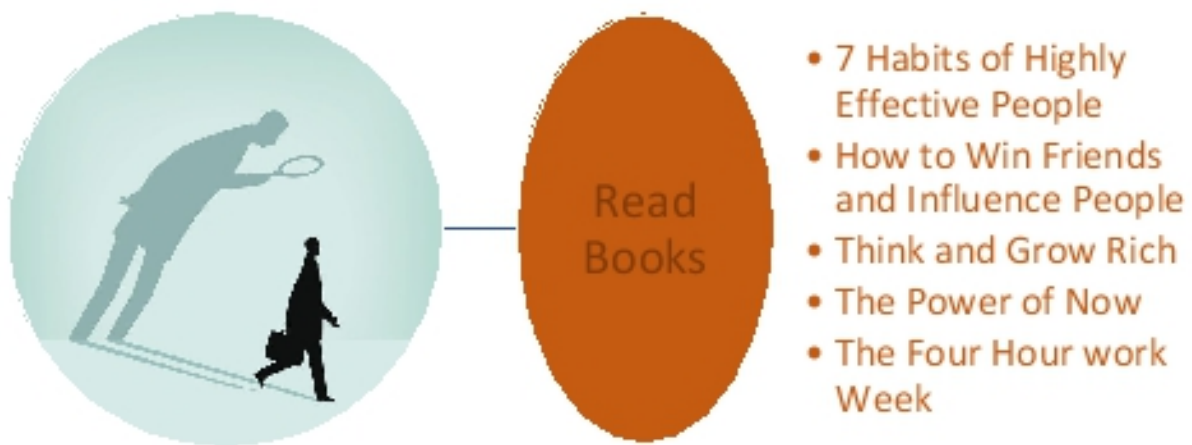
If your points are -

- Take a training /class or workshop
- Read Books
- Watch YouTube Channels
- Listen to Podcasts.

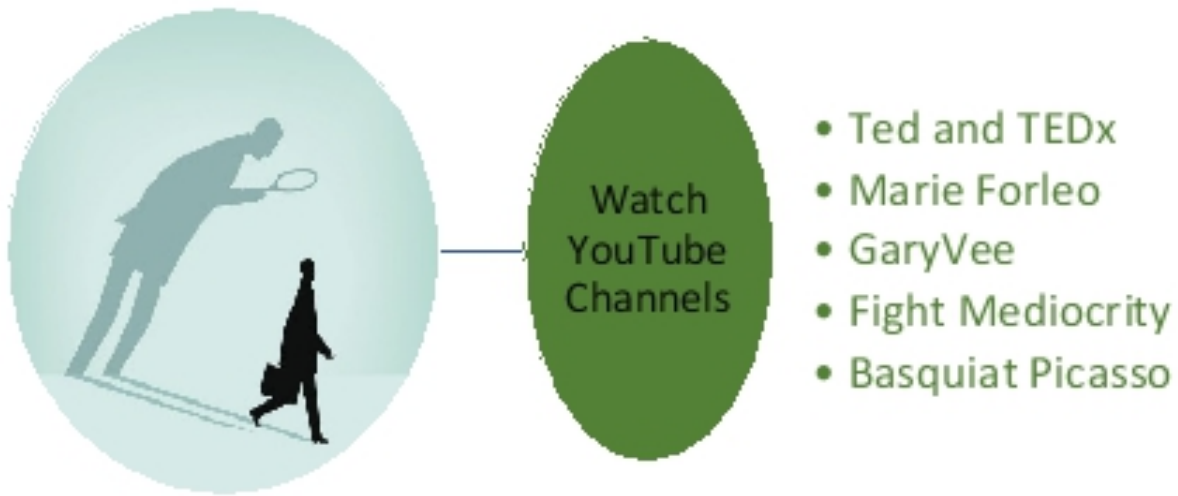
Here your central idea is 'Self- Development'. In creative note taking, it will look like as below -



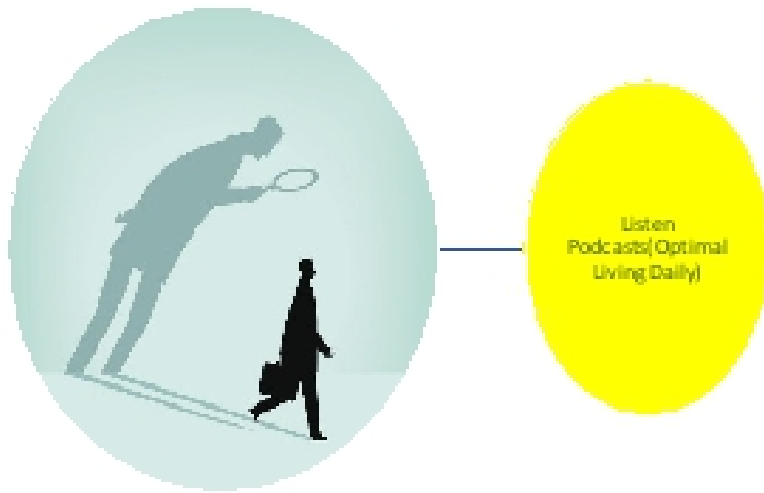
Similarly let's do the note-taking for what to read, watch and listen for Self-Development.



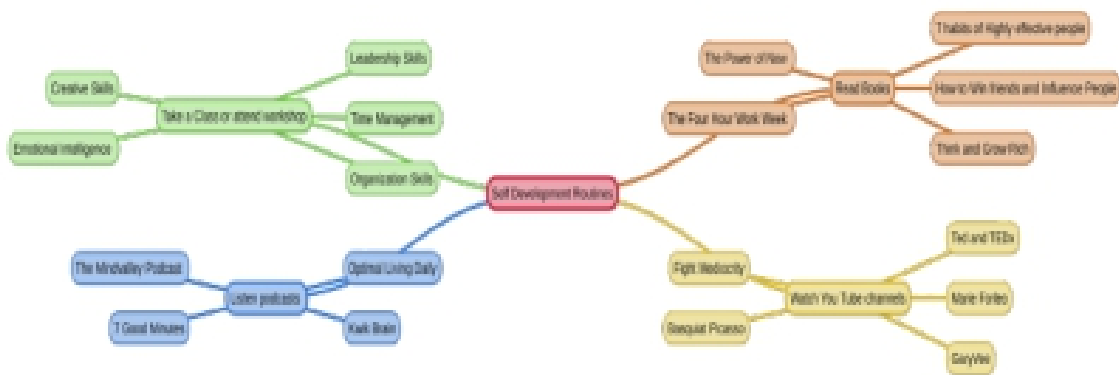
Likewise, we should watch certain YouTube Channels for our Personal Development.



Finally, we should listen to Podcasts regularly for Self-Development.



We have taken our visual notes in four different categories, and now let us make our first Mind Map® to understand how we can use vast amount of data using certain points to refer to it any time at our ease.



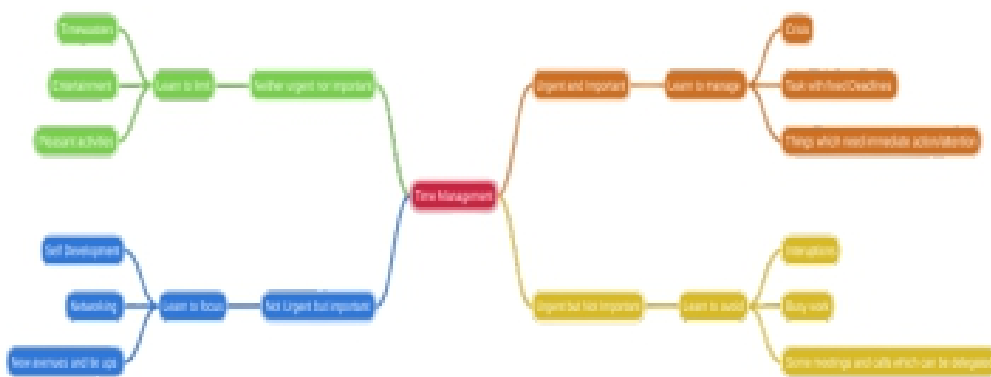
This is the smallest type of Mind Map® and you can make Mind Map® to 2-3 levels for planning your trip, your kid's birthday party, markers in any article, learning a new language or sometime even the whole book. This all will come with little practice. My mentor says "Practice makes progress", so keep practicing.

Let us see some more examples of Mid Map® for your understanding.

Using this kind of Mind maps®, learning any foreign language will be fun and easy. Such Mind maps® have words and their meanings, say for the French language. You can associate Spanish, Italian, German, Russian, Mandarin or any other language which you want to learn.



This Mind map® is about Time Management i.e. how should we prioritize tasks to manage our time so that we can finish important tasks first, that too without any stress.



Mind Map® is very vast topic and you can remember almost anything by using it effectively if you unleash your creativity. Some examples of using Mind Maps® are planning your trip, planning any party, making hand-outs

for your audiences, making creatives resumes or learning any new language and list goes on and on.

Bonus Tip

Now first bonus tip which I am going to tell by which it possible to tell exactly the day of the week from last 500 Years and Next 100 Years. This is as not part of your Number Sound Technique. This is not mentioned even in the content page and is for readers who has reached till here.

So, enjoy your bonus and amaze your friends with this lovely skill of yours. To get the day of the week from 500 Years calendar we need to remember certain constants.

First of all, let me tell you the components involved for finding day of week for any given day.

- 31 Constants or factor for days of month
- 12 Constant for Months i.e. January, February etc.
- Century Constant i.e. 1600, 1700 etc.
- Constants for Years i.e. 1-100 so total 100 Constants.

They are given in tabulated format for your ready reference. Basically, for getting months constant we have to divide day

Months	Months Constant		Century	Century Constant
January	1		1600	6
February	4		1700	4
March	4		1800	2
April	0		1900	0
May	2		2000	6
June	5		2100	4
July	0			
August	3			
September	6			
October	1			

November	4			
December	6			

Our days constant is actually just 7 and that we can get by dividing that Date by 7. If the number is less than 7 then the date itself is the constant and if the number is greater than 7 then after division the remainder, we get is the constant.

Days Of Month						Days Constant
1	8	15	22	29		1
2	9	16	23	30		2
3	10	17	24	31		3
4	11	18	25			4
5	12	19	26			5
6	13	20	27			6
7	14	21	28			0

Table of years is in tabulated form to get Years constants
Is on next page for your reference.

For Calculating the day of the week on any particular date we have to add all the four constants and if the addition is more than 7 then we have to divide it by 7 to get the remainder. That remainder will be our answer or day of the week on that particular date. Also, if the resultant number is less than 7 then the number itself will tell us the day of the week. Let us find out for World Labor Day in year 1982 i.e. 1st May 1982.

Date 1 as its value 1

MAY month has its constant value as 2

1900 the Century constant is also 0

Year 82 has its constant value as per table is 4

So, our total we will become= $1+2+0+4=7$

So, it was Saturday on 1st may 1982.

Ye ars	Years Constant	Ye ars	Years Constant	Ye ars	Years Constant	Ye ars	Years Constant
1	1	29	1	57	1	85	1
2	2	30	2	58	2	86	2
3	3	31	3	59	3	87	3
4	5	32	5	60	5	88	5
5	6	33	6	61	6	89	6
6	0	34	0	62	0	90	0
7	1	35	1	63	1	91	1
8	3	36	3	64	3	92	3
9	4	37	4	65	4	93	4
10	5	38	5	66	5	94	5
11	6	39	6	67	6	95	6
12	1	40	1	68	1	96	1
13	2	41	2	69	2	97	2
14	3	42	3	70	3	98	3
15	4	43	4	71	4	99	4
16	6	44	6	72	6		
17	0	45	0	73	0		
18	1	46	1	74	1		
19	2	47	2	75	2		
20	4	48	4	76	4		
21	5	49	5	77	5		
22	6	50	6	78	6		
23	0	51	0	79	0		
24	2	52	2	80	2		
25	3	53	3	81	3		
26	4	54	4	82	4		
27	5	55	5	83	5		
28	0	56	0	84	0		

1900 the Century constant is also 0

Year 82 has its constant value as per table is 4

So, our total we will become= $1+2+0+4=7$

So, it was Saturday on 1st may 1982.

Start counting from Sunday with value 1, Monday-2. Tuesday-3, Wednesday-4, Thursday-5, Friday-6 and Saturday-7. This is the formula pr technique to take out the day of any particular date

Please refer the table and try to find out the day of your birthday, friend's birthday, your marriage anniversary, your college graduation day, any meeting day or any historical day. You will learn this with some practice and numbers will start giving you the clues.

CONCLUSION

We have thus reached the end of this book. I have tried to incorporate many methods, so that you can understand and use your memory power for learning things with a brand-new approach. I am very thankful that you have read the book till this last page. Quite a few people understand the virtue of completing any task, so kudos to you for achieving this. I also seek pardon if I couldn't make certain concepts clearer through more examples, due to obvious limitations of book writing. I'm optimistic that these methods will surely help you, so please start using them to make your life easier, and making memory fun rather than burdensome. Also, it is advisable to take the two tests again, which you have taken when you started reading this book to understand your progress.

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FURTHER READING:

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2. Think Learn and Succeed by Dr. Caroline Leaf
3. Unlimited Memory by Grandmaster Kevin Horsley
4. How to Develop A Brilliant Memory by Dominic O'Brien
5. How to Memorize Anything by Aditi Singhal
6. Mind Map Mastery by Tony Buzan
7. Moonwalking with Einstein by Joshua Foer

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[2] Top 10 countries with their Freshwater resources (Reference countriesnow.com)

[3] Ten career secrets (reference in.topresume.com/career advice)

[4] Good Entrepreneur Skills as per Forbes Magazine

[5] 10 things are the most essential for doctors as per Weill Cornell Medicine

[6] 10 self-care Sunday Ideas for homemakers as per scaleitsimple.com

[7] Number Shape Method in tabulated form for your reference

[8] This article is from www.success.com on "Everything you need to know to improve your life" written by **Jim Rohn** .

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The Author is a Memory Coach specialized in Accelerated Learning Techniques and Memory Recall Technique. He is also a Public Speaker. He has done Bachelors in Textile Engg. and have worked with various Indian Textile companies before starting his career as Coach and Speaker. He has planned a series of books in different categories like Accelerated Learning and Memory Hacks for Students and Teachers, Entrepreneurs, Corporate Employees, Homemakers and Seniors.