



PLANET
FREEDOM

Memory Training Workbook



1-877-300-8862

planetfreedom.com



Congratulations on making the decision to watch this class!

You are about to experience a dynamic training program that thousands of students around the world have used to dramatically increase their memory power.

This workbook serves three purposes:

1. To maximize your class time by providing a place to store key information and monitor your progress.
2. To highlight and reinforce the workshop curriculum.
3. To serve as a review source for future reference.

Your workshop is designed to be fun, educational, and practical—so sit up straight, pay attention and enjoy your class!

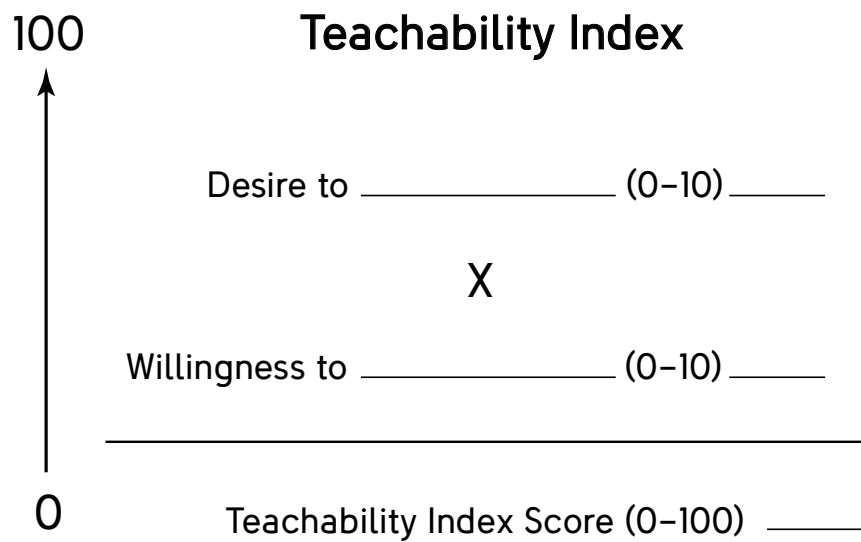
Tom Weber

Instructor





What are you hoping to gain from this class?



KEY THOUGHT:

Don't judge the _____, judge your
_____.



Your Name:

Score:

Test #1

1

2

3

4

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14

15

16

17

18

19

20



Your Name: _____

Score: _____

Test #2

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KEY THOUGHT:

The language of my memory is _____.



Chain of visualization

“Things are not always
as they seem”

- Mr. Miyagi

1. Quad
2. Ax
3. Railroad Tracks
4. Arrow
5. Bee
6. T-Shirt
7. Arrow
8. Barn
9. Bee
10. Tutu
11. Arrow
12. Truck
13. AC
14. Long Bridge
15. Electrical Outlet
16. Alligator



The Mental File Folder System

The 3 things needed to remember almost anything - **FIG**

F_{ile} a place to put the information

I_{mage} the information turned into a picture

G_{lue} action and/or emotion that holds your image to the file

Body Files





Test #3

Body files: Shopping list

1

2

3

4

5

6

7

8

9

10

11

12

Recipe for Super Glue

When gluing images to files with action and/or emotion, there are three ingredients you can mix in any combination for Super Glue - Sight, Sound & Feel.

You SEE oil dripping off your soles.

You HEAR oil splashing under your soles

.

You FEEL oil squishing up around your soles.

Typically, the strongest glue includes all three, but it is O.K. to favor one of the ingredients more than the others. Everyone's recipe is unique. Use the ingredients that work best for you.



The Key to Long-term Recall = Spaced Repetition

To lock any filed information into long-term memory, simply review your FILE, your IMAGE and your GLUE after:

ONE _____

ONE _____

ONE _____

Test #4

Body files: To-do list

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

KEY THOUGHT:

For the most efficient review, recall items in random order.



Test #5

Room List

1

2

3

4

5

6

7

8

9

10

Using FIG when Presenting

1. CHOOSE your topic
2. CREATE a list of key points
- 3 TURN key points into IMAGES
- 4 GLUE the IMAGES to the FILES of your choice
- 5 RELAX, have fun, and be yourself

“When giving a presentation, the content is delivered entirely verbally, but the non-verbal and vocal cues are critical in conveying the speaker’s attitudes, beliefs, and convictions about the topic. Keep your Verbal, Non-Verbal, and Vocal cues as congruent as possible.”

- Albert Mehrabian
Professor Emeritus of Psychology,
UCLA



Create House Files

1. SELECT four frequently used rooms
2. ORDER the four rooms as if you were walking from one room to the next
3. CHOOSE five items per room to use as FILES (Start in each doorway and work clockwise around the room)
4. WRITE the rooms and FILES in your workbook

House Files

Room 1:

1

2

3

4

5

Room 2:

6

7

8

9

10



House Files

Room 3:

11

12

13

14

15

Room 4:

16

17

18

19

20

Tips for Selecting your FILES

1 SELECT items that are normally in the same location

2 AVOID items that look similar

3 USE simple names for FILES



Methods for Changing Abstract Terms into IMAGES

Method 1

Select an image that represents the abstract term

Example: Abstract term - Freedom

Possible images - American Flag, Eagle, Statue of Liberty, Liberty Bell.

Method 2

Break the abstract term into syllables and/or phonetic sounds, in order to reveal possible images

Example: Abstract term - **Consternation**

Broken into syllables, three images emerge.

A CONvict STIRring up the NATION.

Note: When using Method 2, images can be developed by changing, adding or dropping syllables, consonants or vowels.

Helpful Tips

1. Avoid overthinking, don't stress
2. Any image works as long as YOU create it
3. Reuse images that work

KEY THOUGHT:

All you are looking for is _____ .



Phonetics

Phonetics is the study of the sounds of language. There are ten phonetic categories in the English language. Using the phonetic sounds within each category helps you to apply Method 2. Using phonetic twins can help turn a name into an IMAGE.

Categories	Phonetic Sounds	Example Words
1	Soft C, S, Z, PSY	Ceiling, Summer, Zebra, Psychology
2	SH, CH, J, soft G, TCH, DGE	Shoulder, Chair, Jury, Giraffe, Catch, Badge
3	L	Lasso, Lariat, Lesson
4	P, B	Problem, Bill
5	T, D, TH	Tom, Don, Thompson
6	R, WR, W	Race, Wrist, Wayne
7	Hard C, hard G, K	Cake, Garage, Kick
8	M	Money, Mother, Magnificent
9	N, KN, GN	Nancy, Knot, Gnaw
10	F, V	Face, Vice, Phone

Examples

Paul becomes _____

Vern becomes _____

Vince becomes _____



Examples of Turning Abstract Terms into Images

Easy Names

Some names are already images:

Rose, Crystal, Daisy, Matt, Holly, Robin, Cole, Sonny, Sherry, Sandy

Method 1 for Names

Bill - a duck's BILL or a dollar BILL

Dennis - DENNIS the Menace

Method 2 for Names

Catherine - a CAT on a TRAIN

Dennis - TENNIS or a DENTIST

Foreign Languages

Spanish:

Zapatos means *shoes* _____

French:

Pamplemousse means *grapefruit* _____



Your Name:
Score:

Test #6

Using House Files

Room 1:

1

2

3

4

5

Room 2:

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Room 3:

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Room 4:

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Using FIG to Recall Names

F_{ile}

The PERSON is the FILE

I_{mage}

Turn their NAME (first and/or last) into an IMAGE

G_{lue}

GLUE the IMAGE to the FILE (the PERSON's head and/or shoulders) with ACTION and/or EMOTION

Helpful Tips

1. SLOW DOWN your mind by observing the person and find what makes their face look unique, avoiding features that could change (i.e. glasses, hair, facial hair, etc.)
2. REPEAT their name 2 to 3 times out loud in the first few seconds to make sure that you heard it and said it correctly. Sounding natural while you do this will also help you to SLOW DOWN.
3. USE the NAME when leaving.
4. When meeting multiple people at the same time, SLOW DOWN and get only ONE NAME at a time. If all of their names are said immediately, RELAX, no one expects you to recall them all.
5. REVIEW NAMES after One Hour - One Day - One Week for Long-term Recall

KEY THOUGHT:

Your brain is **EXTREMELY** strong and fast—so trust it. In pressure situations learn to RELAX, and your brain will often do the job for you.



Four Stages of Learning

Stage 1 _____

Stage 2 _____

Stage 3 _____

Stage 4 _____

KEY THOUGHT:

It takes 21 days to make or replace a habit



“Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”

– Henry Ford

