

This is The Easiest Way To Memorize A Speech

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If you need to stand up in front of people and make a speech, the first thing you might feel is terror. Then maybe a little bit of dread might creep in, followed by an intense need to find an excuse to get out of it. A big reason you might feel this way is because you're worried that you won't be able to remember the speech, thus leading to you looking stupid.

Slay These 8 Public Speaking Demons to Conquer Your Fear Slay These 8 Public Speaking Demons to Conquer Your Fear It's often said that people fear public speaking more than death. But it's something that many have to do regularly. Here are eight public speaking demons and how to kill them. [Read More](#)

It doesn't have to be this way! You just need to know how to memorize a speech. Reading it over and over works for some people, but it's not the optimal way.

On the infographic below you'll find the easiest way to memorize a speech you've ever seen. Next time you need to get up in front of a room and talk, you're sure to knock it out of the park!

Via [EssayTigers](#)



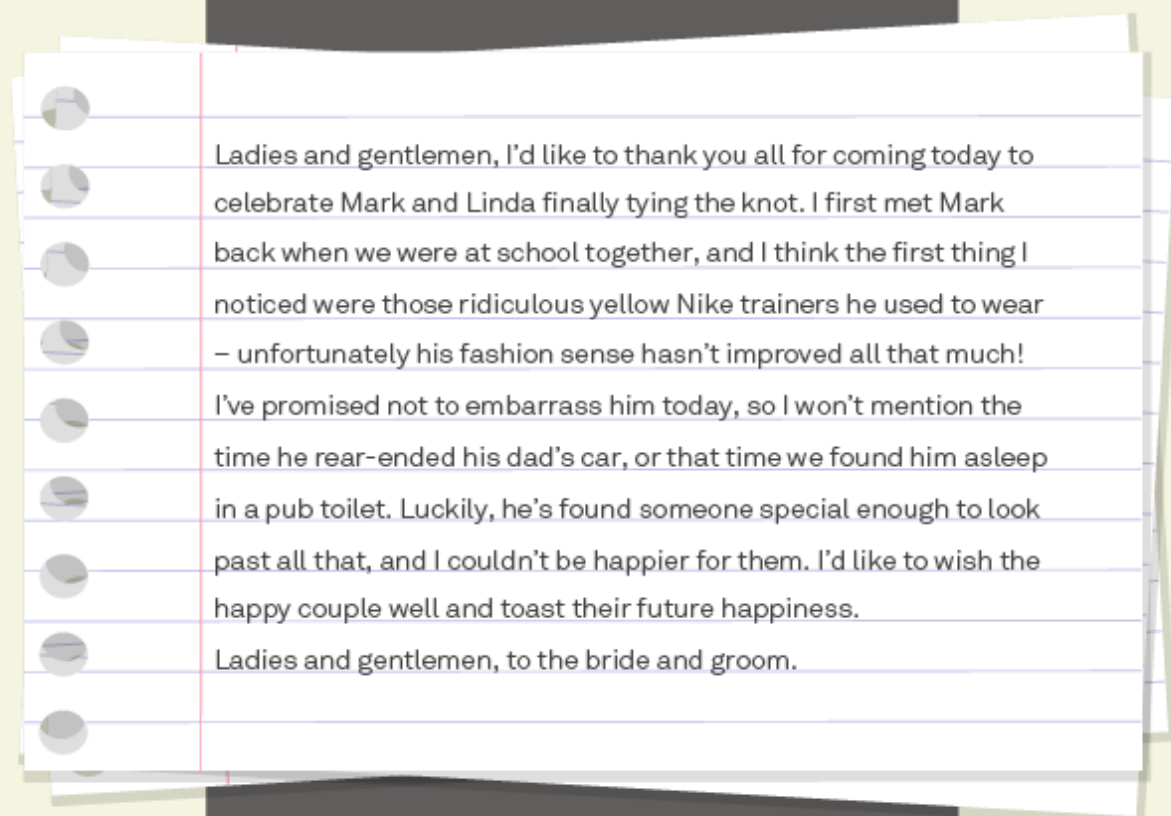


Studies have shown that, when learning a speech, it's extremely **difficult to memorize verbatim text**.*



It's much easier for the brain to remember **distinctive concepts and images**, and the **relationships between them**.

So how do you apply this approach to your speech?
Let's look at a short speech as an example:

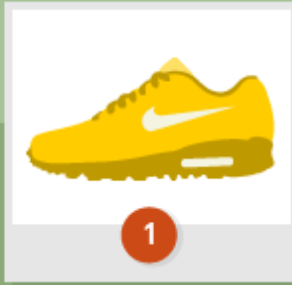


1

Visualize Your Speech

Rather than trying to memorize the speech word for word, **dissect the speech into a number of key images.**

In this speech the key images come from the anecdotes:



1

"Those ridiculous yellow Nike trainers" are the first thing the speaker reminisces about.



2

The car is the main image in the speaker's anecdote about Mark's driving mishaps.



3

A strong image of the place Mark was found asleep in the speaker's final anecdote.

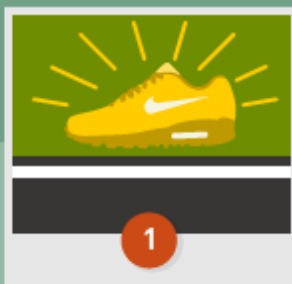
By identifying and visualizing the main milestones of the speech, the speaker can commit the anecdotes to memory.

2

Blow It Up

Take the three images and **exaggerate them** so they become distinctive.

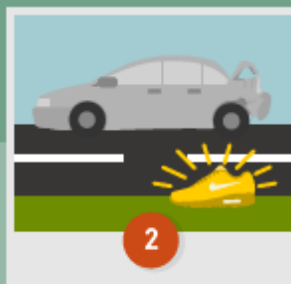
The yellow trainers



1

You see a pair of trainers **brighter than the sun** at the side of the road.

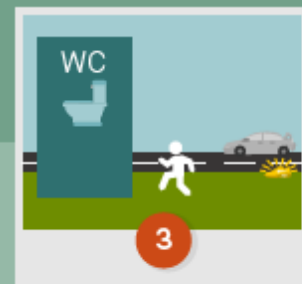
Mark's dad's car



2

They have fallen out of a car that's been **smashed to bits**.

The toilet cubicle



3

A man sees this and hides in a **giant toilet cubicle**, where he falls asleep.

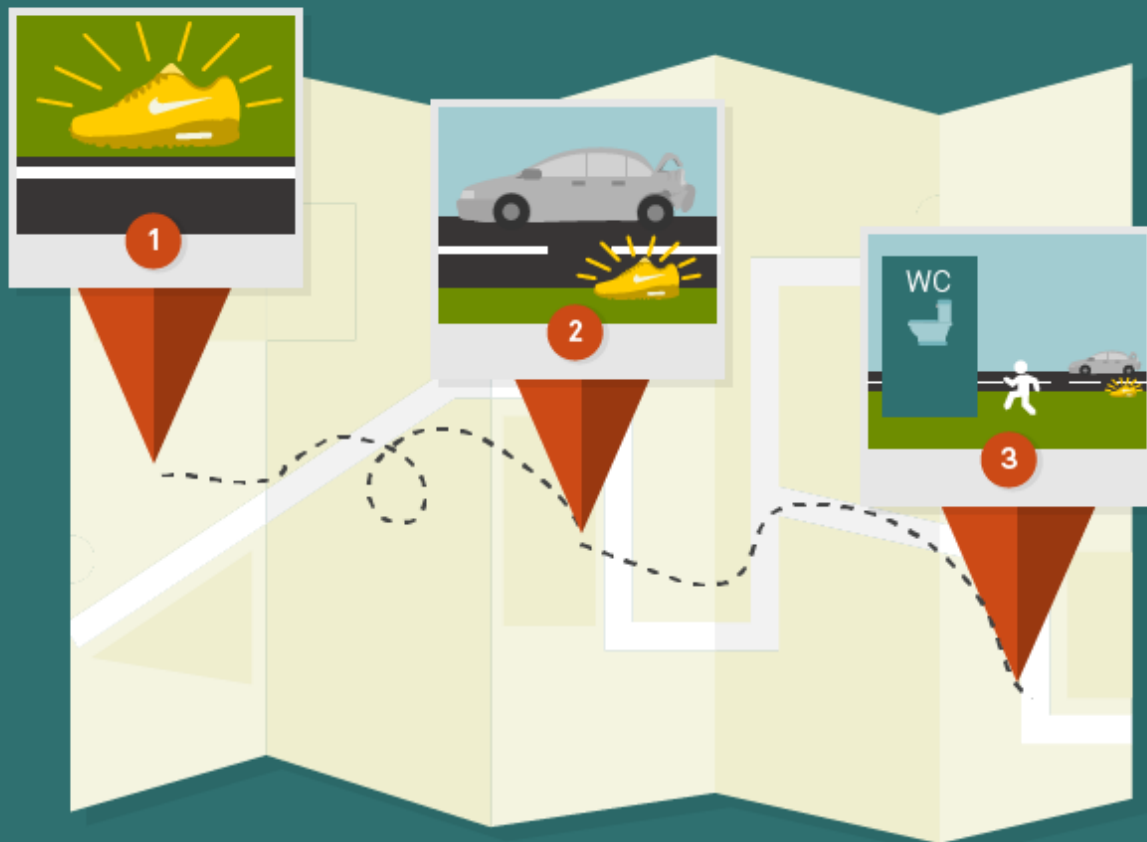
By exaggerating the images, they become even more memorable.

3

Place Your Images

Next, assign each of the images a location.

To do this, create a mental narrative featuring the elements, with each image being in a distinctive location along the journey.



By traversing these locations in your mind, you can memorize both the different parts of the speech and the order in which they appear.

4

Put It All Together

Let's try it with another speech:

"Woz and I started **Apple in my parents' garage** when I was 20. We worked hard, and in 10 years **Apple had grown** from just the two of us in a garage into a \$2 billion company with **over 4000 employees**. We had just released our finest creation — the **MacIntosh** — a year earlier, and I had just turned 30. And then **I got fired**. How can you get fired from a company you started?"

— Steve Jobs, Commencement address at Stanford, 2005

From this speech,
the key images could be:

**Apple in my
parents' garage**



Apple had grown



**Over 4000
employees**



Macintosh



I got fired



For **the locations**, you could
try something like this:

You open your garage, and
there's a small apple in
the middle of the floor.

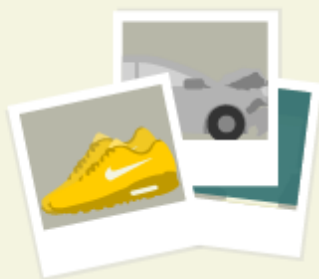
Suddenly, it grows to
a colossal size.

This causes a huge
crowd to gather, and a
town is founded inside
the giant apple.

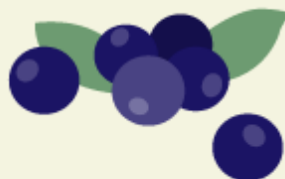
There are 4000 people
working inside the apple,
making a giant Mac(k)intosh
coat to protect it.

Unfortunately, it begins
to rain. The apple
quickly dissolves and
everyone is fired.

6 Tips for Memorizing Your Speech



Learn the **key images**
and themes, rather than
trying to memorize a



Blueberries are
proven to **improve**
memory and slow



Drinking green tea
increases neuroplasticity
between the parietal and

speech word for word.

cognitive decline.

frontal areas of the brain,
improving memory.



**Napping can improve
your capacity**
to commit new
information to memory.



Improving your
neuroplasticity will aid in
improving your memory
– simple tasks such as
doodling or taking up
new hobbies can help.



Eating **foods rich in
omega fatty acids**
can improve your
memory.

Sources

Sources for this infographic can be found at
www.essaytigers.com/how-to-memorize-a-speech-sources



.com
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* For a comprehensive list of similar studies, please refer to the 2010 Princeton study on cognitive learning by Diemand-Yauman, Oppenheimer and Vaughan.