



Journey Method Exercise



From the main door of your home to your main bed room, choose 10 loci points and then try to make a journey with unusual and absurd associations to remember the following shopping list.

Bread, Butter, Packed Beans, Salt Pack, Tea Leaves, Coke Can, Dish Cleaning Liquid, Cleaning Cloth, Chips Pack, Cheese Cubes Pack

Build a unique and unusual story for each loci point and its association to the item in the list.

Item to Remember	Loci Point	Journey Story
Bread		
Butter		
Packed Beans		
Salt Pack		
Tea Leaves		
Coke Can		
Dish Cleaning Liquid		
Cleaning Cloth		
Chips Pack		
Cheese Cubes Pack		

Now try to remember this list yourself. Practice the same with other kind of lists. You can go up to 20 items easily within a week's time.