



5 MEMORY MASTERY

COMPANION GUIDE

COURSE TIMELINE

Day 1	Goal Setting & Baseline Memory Test
Day 2	What Neuroscientists Know About Memory, & How To Use It To Your Advantage
Day 3	Visualization: The Single Most Important Enhancement You Can Make To Your Memory
Day 4	The Mnemonic "Nuclear Option:" The Memory Palace
Day 5	How To Never Forget Anything You've Learned

DAY 1: INTRODUCTION & WHAT YOU'LL LEARN

Action Item #1 → Why Do You Want To Improve Your Memory?

Dig in to some specific scenarios or stories where you've felt that your memory is holding you back. Come up with some clear ways in which you would like to be able to rely on your memory.

Ex. "Whenever I go to conferences to network and build my career, I am embarrassed by my inability to remember people's names, even on the 2nd or 3rd day of the conference. By the end of this 5 day challenge, I want to be able to effortlessly learn 50 people's names in a day, and remember them permanently."

Write out 3 or more reasons why you want to improve your memory:

1.

2.

3.

Action Item #2 → Take Your Baseline Memory Test & Join The Facebook Group

Head on over to our site and take the [Random Words Level 2 Test](#). Your goal is to memorize all shown 20 random words in the shortest time possible.

Once you finish, share your results with us in the comments section of the course, and write down your score below so you can reference it later. If you are disappointed with your results, don't worry — by the end of this challenge, you'll be able to memorize the entire list of 20 words... in about 2 minutes!

Lastly, don't forget to join the [5 Day Memory Mastery Facebook group](#)!

Of Correctly Remembered Words:

Memorization Time:

DAY 2: WHAT NEUROSCIENTISTS KNOW ABOUT MEMORY

About Our Brains:

- The human brain is highly plastic - meaning that it continues to change, grow, and develop - even after childhood.
- The human brain has a theoretical limit of about 2.2 petabytes
- The ability to memorize huge amounts of information is not genetic, but rather something you can learn

The 5 Core Neuroscientific Principles You Must Understand:

1. The Function Of Your Hippocampi

- Your two hippocampi determine what is and is not worth remembering, and to file it away in our long term memory
- We can “trick” our brains into remembering things much easier - and for much longer, once we understand how the hippocampi work

2. Chunking:

- By breaking information into groups of 3-5, you make it easier for your brain to remember information.

3. Hebb's Law

- Your brain is made up of about 100 billion cells called *neurons* which are connected together by pathways called synapses.
- Hebb's Law states that neurons that fire together, wire together, meaning that if we use two brain cells together at the same time, they will create a connection.
- The more densely connected a memory is to other memories, the stronger it becomes - and the more likely your hippocampi are to give it priority.

4. The Picture Superiority Effect

- Visual information is the most memorable type of information to our brains.

5. Location and Spatial Awareness

- Our brains are *insanely* good at remembering locations and we do this completely automatically

DAY 3: USING VISUALIZATION TO ENHANCE YOUR MEMORY

About Your Visual Memory:

- Developing your visual memory is the key to enhancing your memory
- Step #1: create novel visualizations, or “markers,” for everything you wish to remember. Visualization becomes easier over time.

How To Make Your Markers Unforgettable:

1. Picture as much detail as possible.
 - Fuzzy, non-specific images are easy to forget. Use a high level of detail to ensure that you are adequately creating a vivid, memorable image in your mind’s eye
 2. Go for absurd, bizarre, violent, or sexual imagery.
 - Our hippocampi are attuned to picking up and remembering things that seem strange
 - By leveraging all different types of inappropriate and unusual imagery, we make things much more memorable
 3. Connect to images, ideas, or memories you already have
 - Our brains pay special attention to things related to what we know and care about
 - It’s best if you can incorporate people, places, or things you know and love into your visualizations.
 4. Create logical connections to what you’re trying to remember.
 - Choose markers that will clearly symbolize the information you’re trying to remember
 - Visualizations should explain some element of what you’re trying to learn or remember
- Use markers to memorize anything! Examples include names, foreign language words, numbers, the order of a deck of cards, music theory, scientific formulas

DAY 3: USING VISUALIZATION TO ENHANCE YOUR MEMORY

Action Item #3 → Apply What You've Learned!

Go out into the “real world” and memorize a minimum of 10 new pieces of information using visual mnemonic techniques.

These can be anything you want, and they don't have to be complicated pieces of information. You can memorize a few new people's names, pick up a few words in a foreign language, memorize your grocery list, or just memorize a string of numbers. Whatever you choose to memorize, make sure that you do it by following the guidelines in this lecture.

Use the space provided to make a list of the information you wanted to remember, along with the markers you created.

Information to Remember	Description Of Visual Marker Created
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

DAY 4: THE MNEMONIC “NUCLEAR OPTION”: THE MEMORY PALACE

The Memory Palace, or the method of loci, is used by every single one of the world’s top memory champions and record holders to achieve their superhuman feats of memory.

How To Use The Method Of Loci:

1. Use locations that you remember well enough - or at least consistently.
 - It’s less important whether or not you are accurate to how the space actually looks - but you need to remember it the same time every time.
 - You can likely remember hundreds of locations. As long as you can consistently remember a layout in the same way, use it!
2. Choose specific “anchors” to tie your memories to.
 - For best results, attach your visual markers to specific things in the environment you’re imagining. Ex. Furniture, drawers, corners of rooms, windows
 - Power Tip: *involve* the anchor you’re using in your visualization. Ex. visualizing the chunky peanut butter being smeared all over your wall
3. Create a memory “journey” as you walk through your palaces.
 - For best results, create a deliberate, linear path. This will prevent you from getting confused and losing the order of the information you’re memorizing.
 - It’s OK to “teleport” from one memory palace to another by connecting their entrances, but it’s *not* a good idea to cross your own path in a memory palace.
4. Create new memory palaces as you need them.
 - It’s recommended not to “reuse memory palaces”
 - You’ll be better served to create new memory palaces for each potential usage

DAY 4: THE MNEMONIC “NUCLEAR OPTION”: THE MEMORY PALACE

Action Item #4 → Use A Memory Palace & Share Your Results In The Comments!

Test yourself again with the [Random Words Level 2 Test](#) using everything you’ve learned so far. “Chunk” groups of 3-5 words together, use visual markers that incorporate each of those 3-5 words into one powerful visualization, and store those visualizations in your very own memory palace.

Don’t worry about time as you go through this challenge. If you make small mistakes, like confusing “disapprove” with “disapproving,” don’t beat yourself up: you’ll get better on making exact markers for exact forms of words over time.

RANDOM WORDS RESULTS USING THE MEMORY PALACE | TRIAL #1

Of Correctly Remembered Words:

Memorization Time:

RANDOM WORDS RESULTS USING THE MEMORY PALACE | TRIAL #2

Of Correctly Remembered Words:

Memorization Time:

DAY 5: HOW TO NEVER FORGET ANYTHING YOU'VE LEARNED

Background information on forgetting:

- Our brains are naturally wired to forget.
- Ebbinghaus' forgetting curve predicts the decline of memory retention in time and shows how information is lost over time when there is no attempt to retain it
- The more we repetitively review a new piece of information, the longer we can push out the curve of forgetting - effectively remembering it for longer and longer, in increasing intervals.

How to “trick” your brain into remembering more information:

- We can use **Spaced Repetition Systems** (SRS) to strategically minimize the amount of review needed in order to push out the forgetting curve
- SRS-based methods will have you categorize flashcards by difficulty recalling, and then only review those that are new, fresh, or difficult.
 - Some SRS to check out: [Memrise](#), [Brainscape](#), or [Anki](#)
- Great for massive learning and memory challenges, such as learning a new language, studying for the BAR or Board exam, or learning an entirely new skill like music

Steps to use an SRS:

1. Load the information you want to learn into the system
2. Once you've done that, the app will create a schedule for you, comprised of a short daily review routine.
3. Dedicate a few minutes every day to review. The app will do all of the rest.

Action Item #5 → Use An SRS!

Load up some information that you have been trying to memorize into an SRS and practice! Don't forget all of the key fundamentals we've learned in this course – especially markers and memory palaces.

BONUS DAY 6: HOW TO TRULY MASTER THESE TECHNIQUES (AND MORE)

Recap! Over the past 5 days, we've learned about ...

... the hippocampus, and the way the brain prioritizes new information.

... various phenomena like **chunking** and **the picture superiority effect**.

... **the method of loci** (aka memory palaces) and how to use them to memorize anything

... **spaced repetition systems**, and how to retain the information we memorize indefinitely

But what would it mean for you to be able not just to *memorize* new information, but to be able to learn anything 3 times more effectively?

How much faster would you be able to achieve the goals you've set for yourself?

Learning is the #1 key to succeeding in life, whether that means opening up a world of scholarships, learning new skills to unlock promotions at work, or learning new fields such as entrepreneurship or day trading that can guarantee your financial future. Even though we've learned a significant amount over these past few days, we haven't even scratched the surface...

... we haven't covered more advanced topics, such as applying these skills to a wider range of subjects, speed reading, optimizing your environment and routine for learning, or the next-level mnemonics being used to set world records.

Introducing: The SuperLearner MasterClass

The SuperLearner MasterClass is for people who...

- Are serious about dramatically improving their memory and learning skills
- Are willing to put in the time and do the work
- Take responsibility for their success



Here's What's Covered:

- Week 1: Introductions, Setup, Baseline Measurements, & Memory foundations (You're ahead of the pack!)
- Weeks 2-3: Master The Power Of Visual Memory (With More Advanced Techniques)
- Week 4: Systems for Long-Term Memory
- Week 5: Pre-Reading, Focus, and Preparation
- Weeks 6-7: Learning How To Read With Your Eyes (Instead Of Your Inner Voice)
- Week 8: Advanced Speed Reading Training
- Week 9: Good Learning Habits & Hacks
- Week 10: Applying Your SuperLearner Skills To Anything & Everything
- Bonus: Exclusive in-depth trainings with top memory champions, coaches, and experts

What's Included In The 5 Day Memory Mastery SuperLearner MasterClass Offer:

The Become a SuperLearner MasterClass	\$399
The Become a Speed Demon MasterClass	\$249
The Become a SuperLearner Audio & eBooks:	\$20
The Become a Speed Demon Audio & eBooks:	\$20
Lifetime Updates:	\$99
Premium Service & Support:	\$199
Bonus Seminar: In-Depth Exploration of Nootropics:	\$199
Bonus Seminar: In-Depth Session on Memorizing Numbers:	\$199
LIVE Month 1 Group Coaching Call	\$149
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