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If you want to remember more,
use these 6 simple techniques:

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First, some general principles that underlie the techniques and aid memory:

- 1) We don't remember all types of information equally (visual and spatial are best)
- 2) Attach new memories to old memories
- 3) Make information vivid and exciting
- 4) Engage as many senses as possible



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Memory Palace

- 1) Prepare an organised location
(E.g. your house layout)
- 2) Create markers in this location in
an easy to follow order
- 3) Make a clear image of the
information you would like to
remember
- 4) Place each item you are trying to
remember on the marked locations



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The Peg Method

The pegs act much the same way as clothes pegs.

They keep information hanging around in your mind.

- 1) Choose a list of ordered items that you can easily remember (e.g., numbers or months)
- 2) When learning new information, attach it to each item in the list

PEG MEMORY SYSTEM

1



6



2



7



3



8



4



9



5



10





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High-Leverage Activities

To maximize output, spend time on the activities that will influence that output the most.

The more you need to do an activity or the more you are affected by it, the higher the leverage is on time spent perfecting that thing.

h/t @rabois

High Leverage Activities

"In order to maximize your team's output, you need to spend time on the activities that will influence that output the most.

For example, at Square, Keith would spend at least 5 hours every week preparing for his presentations at the all-hands meeting on Fridays.

That might seem like an inordinate time to spend on a weekly presentation, however if he was able to communicate a single idea that affected how everyone at the company made decisions, then it was absolutely worth it.

This is the first category of high leverage activities, when you have many people affected by one thing, spending a lot of time to perfect it is high leverage."

—Keith Rabois



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The Major System

The system works by converting numbers into consonants, then into words by adding vowels.

Since remembering words is easier than numbers, this system is used to remember numerical sequences, like telephone numbers or year dates.

h/t for image - @stroebjo

Digit	Letter
-------	--------

0	s, z
1	t, d, th
2	n
3	m
4	r
5	l
6	j, ch, sh
7	c, k, g, q, ck
8	v, f, ph
9	p, b

Let's do an example with the word *Satellite* to demonstrate how the Major System works:

S	atellite	S = 0	0	
S	a	tellite	Vowel, ignored.	0
Sa	t	ellite	t = 1	01
Sat	e	llite	Vowel, ignored.	01
Sate	ll	ite	ll = 5, no double letter	015
Satell	i	te	Vowel, ignored.	015
Satelli	t	e	t = 1	0151
Satellit	e		Vowel, ignored.	0151

The complete Major Code for *Satellite* is 0151.



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Story Method

The mind has a natural ability to remember stories.

Create a vivid story with the key ideas to be remembered.

Each idea is represented by key words in the story (which link to the next key word and so on).

Retell the story a few times to engrave it in memory.

Words to remember: Rabbit, Toolbox, Rocks, Shell

Story Method

A **rabbit** jumps into a **toolbox**.

Inside of the **toolbox** are some **rocks**.

The **rabbit** throws the **rocks** out of the **toolbox** and they land in a **shell**.



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Person-Action-Object (PAO)

2-digit numbers from 00 to 99 are represented by an image of a person performing an action on an object.

The number 34 might be LeBron James (person) dunking (action) into a hoop (object).

Then combine images to remember long strings of numbers.

PERSON 13		ACTION 86		OBJECT 26	
#	PERSON	ACTION		OBJECT	
13	Alice Cooper	Crawling On A Stage		Dripping Black Makeup	
26	Tom Brady	Throwing		Football	
86	Prince	Licking		Mic-Stand	



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SEE Principle

Turn images (graphs, drawings, etc.) into exciting things in your mind.

Sense: When you utilise more senses, you will remember more.

Exaggerate: Make your images larger or smaller than life. Make your images illogical.

Energize: Give images action.



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That's a wrap!

What else would you add? Let us know in the comments.

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