

MIND TRAINING SESSIONS

SUMMARY

Memorize Numbers - The Basics

To have an incredible super brain , we need Growth and Grit

Take the Sun List and use Chain Linking Method

Create Basic Association List of your Own - making a logical association.

For eg - A Visual List, An Auditory List

Turn Into Picture - TIP

If you can clearly imagine it, you can clearly remember it

Today's Task of the day

- * Build your own list and teach someone the method
- * Pick numbers from your life and translate them into images and stories
- * Share the results with your respective groups