

MIND TRAINING SESSIONS

SUMMARY

The Location Method

Find 10 Places in your Home and follow the following rules:

- * Go Clockwise
- * Find Unique Things
- * Find Large Things
- * No Empty Spaces

Draw a rough sketch of the location you have identified

There are three parts to your memory

- * Encoding Information
- * Storing Information
- * Retrieving Information

Morning Routine for the Win

- * Remember Dreams
- * Make the Bed
- * Drink Water
- * Physical Exercise
- * Breathing Techniques
- * Cold Shower
- * Brush Teeth with Opposite hand
- * Superbrain Smoothie
- * Journaling
- * New Learnings

Today's Task of the day

- * Teach this Technique to one person
- * Go into another room of your home and then do numbers 11 to 20