

MIND TRAINING SESSIONS

SUMMARY

Chain Linking Part -1

- # Words are the Building Blocks of any New Learning
- # In order to manage something, first we need to measure it.
- # There is no failure , only failure to learn.
- # Memory Principles
 - * First or Primacy
 - * Last or Recency
 - * Organized or Chunked
 - * Emotional
 - * Different or Unique
 - * Familiar
 - * Visualize
 - * Connected
 - * Associated
- # Chain Linking Exercise
Imagine you can imagine it | Try to connect | Build Stories | Visualize
- # Task for the day
 - * Share your Before and After results after practising the Chain Linking Exercise
 - * Ask a friend to quiz you on 10 random words.