

MIND TRAINING SESSIONS

SUMMARY

Memorize Word for Word

- # If you don't give your brain the stimulus it needs, it will seek entertainment elsewhere in the form of distractions. So, let's continue to stimulate your mind.
- # An unstimulated brain gets distracted easily
- # Reading faster increases your comprehension
- # Use a Visual pacer while you read as it will help you boost your reading speed and focus 25% to 50%
- # Eight Quick Tips on how to memorize script word for word :
 - * Read
 - * Reflect
 - * Writing
 - * Role Playing
 - * Reform
 - * Ration it (Your learnings into 25 - 30 minute chunks)
 - * Record
 - * Arouse (Stimulate your senses)
- # When learning, we anchor the environment into the process
- # Utilize the environment when you learn
- # Two Oils that can be used to enhance your memory while you are studying :
 - * Peppermint
 - * Rosemary

Today's Task of the day

- * Memorize something word for word using the 8 R's
- * Share your results with your respective groups