

MIND TRAINING SESSIONS

SUMMARY

Memory is As Easy As PIE

- # Making pictures help us remember better
- # Focus on a feature that just really pops for you
- # The PIE Method
 - P - Place
 - I - Imagine
 - E - Entwine (to put together the place and the image)
- # Today's Action Step
 - * Tell us the best part about today's session in your respective groups
 - * Apply the PIE Method in your life today and share the results in the respective groups.