

MIND TRAINING SESSIONS

SUMMARY

The PEG Memory Method

Until now we've used Basic Association (a logical association between two items) and Chain Linking (used to memorize items in order like the links in a chain).

What if you need to know the specific number of an item directly?

What do you do?

How do you memorize things that are out of order so that you can easily access them whenever you want?

The best practice is teaching someone

The right answer is whatever works for you

Task for the day

- * Share your before and after results in the groups
- * Teach someone The Peg Method