

MEMORY TRICKS

Ten simple ways to recall anything

- 1. Draw Mind Maps.** That's how your brain stores information: like branches on a tree. And if you draw Mind Maps using symbols as well as bold words, you'll be able to visualize the main points.
- 2. Learn with all your senses.** If you can see it, touch it, taste it, hear it and smell it, you are much more likely to remember it.
- 3. Learn by doing.** "Muscle memory" is extremely powerful. That's why you can easily ride a bike, even if you haven't been on one for 20 years.
- 4. Use linking tools as memory pegs.** "The more you link, the more you learn" - that's the key to most memory courses. So attach new information on to information that you know well.
- 5. Make those links visual** - like visualizing a McDonald's arch with a crocodile under it to recall that Ray Krok founded the fast-food chain.
- 6. Make your links physical** - like learning to [count in Japanese](#), using a simple series of physical actions.
- 7. Make your links in rhyme** - and visualize them. [Click here for examples](#).
- 8. Practice, practice, practice.** If you're willing to learn Mathematics, spend some time with the people good at Mathematics but practice is more important.
- 9. Memorize initial letters** - such as NATIONAL GUARD SPECIAL FORCES, so make it NGSF; as the key principles of advertising. Make up your own of things to memorize.
- 10. Get emotionally involved.** Emotion is the gateway to learning.

These simple tips are included in Chapter 4 of the world's best-selling book, *The Learning Revolution*, by Gordon Dryden and Dr. Jeannette Vos - the chapter that covers *The first 20 steps to learn anything much faster, better and more easily*.