

LEARN TO BE MORE

Blow your own mind and try out some of Jonathan's exercises.

Exercise 1: Linking words to memory

1. Write down 15 (random) words. (Hint: use words you can draw i.e sun, grass, tree)
2. Try to link each word to a personal experience, a past memory or something silly you won't be able to forget
3. Create a story and in the story link one word to the next. (Close your eyes and visualise the story).
4. When you're done creating a storyline try to recall the story and give back the 15 linked words in sequence. Use spaced repetition, attempt to recall after
 - a. 15 minutes
 - b. 1 hour
 - c. 3 hours
 - d. 6 hours
 - e. 12 hours
 - f. 24 hours
5. Be amazed how you just put a 15 word sequence into your long term memory by simply recalling a story you created instead of constant repetition.

I did the exercise in December 2015 and reconstructed it here for you. I tried to recall my original story. It had been 4 months since I created it. When reviewing my notes I was happy to see I remembered 14 out of 15 words in the correct sequence. I added **submarine** and forgot **airport**. I probably shouldn't have linked yellow submarine to the beatle song as the link is too strong. Remembering **airport** is difficult because it doesn't link well in the story outline and it isn't linked to an existing memory.



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My word list

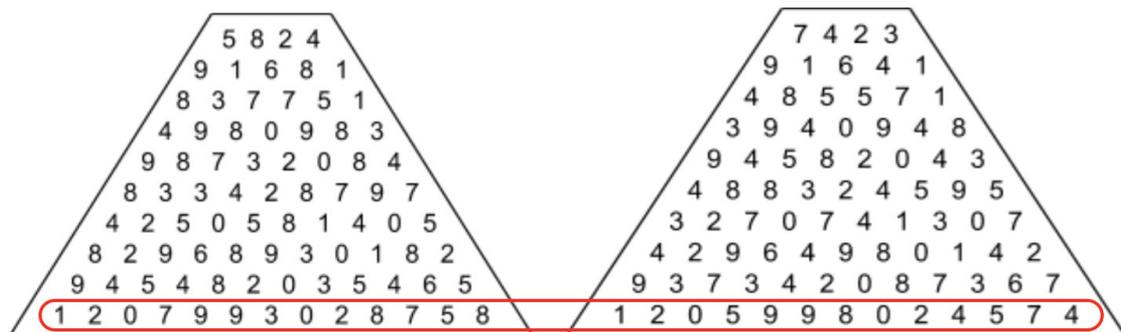
Word	Linked to a memory
Hurricane	I am in the hotel room in Hong Kong and see the massive buildings swaying left to right in the hurricane (existing memory)
Cloud	I look out the window and see the clouds separating (existing memory)
Storm	the storm is over. (existing memory)
Wind	Suddenly I am 12 years old again and feel the wind while sitting on the beach in Knokke, Belgium (existing memory)
Wave	I hear the waves hitting the beach. (existing memory)
Radar	I start daydreaming about TinTin (a comic book hero) and remember him in a yellow submarine using radar to navigate to the port of antwerp while listening to the beatles . (TinTin is actually in a black shark submarine but yellow submarine is easier to remember because I hear the beatles singing + I'm belgian so port of antwerp is easy)
Bus	At the port; TinTin hijacks a red double decker bus . (English red double decker bus is easy to remember)
Yacht	The police is after TinTin, the bus skirts out of control and crashes on a Yacht ironically called Titanic (Titanic will sink) (In 2 Fast 2 Furious II Paul Walker crashes into a yacht)
Flood	The Titanic hits the iceberg and it begins to flood
Passenger	Passenger Jack is getting wet while he is chained to a pipe (Movie Reference)
Airport	Jack is mad because if it wasn't 1914 he would have been at the Airport getting on a plane. (Absurd enough to remember)
Injury	He almost got an injury when Rose hacked off his chains to free him (Movie Reference)
Electric	When they try to go back atop the ship is losing electric power, lights are flashing. (Movie Reference)
Island	Rose drifts on a door to an Island . She is cast away without Wilson (Absurd link to cast away)
International	and lost in International waters (Last in line is always easy to remember)

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I found linking words to memory cool but what really got me hooked was learning how easy it was for me to remember 26 numbers by combining 3 techniques: the major system, chunking and visualisation techniques.

The idea behind the major system is simple. Words are easier to remember so you replace numbers 0-9 by the corresponding letter and form a word. For example the number 42 is 'RN' and you can replace it with 'Rain'.

- 0 **Z**ero – sounds similar to **S**
- 1 **t** → has 1 downstroke – sounds similar to **d**
- 2 **n** → has 2 downstrokes
- 3 **m** → has 3 downstrokes
- 4 **fou**r
- 5 **L** is Latin for 50
- 6 Is **g** upside-down – sounds similar to **j**
- 7 **K** is made from two 7s → **K** – sounds like **c**
- 8 looks like an 8 when hand-written: **f** – sounds like **v**
- 9 **p** is the mirror of 9, sounds like **b**



Exercise 2: Chunk numbers and form words

1. Take all the bottom numbers of both pyramids (26 numbers in total)
2. Replace the numbers with letters
3. Chunk in groups 3-4 letters
4. Form a word, if possible replace the word with an image, It's easier to recall.
5. Try and writing down the numbers by recalling the images you used to replace them after
 - a. 15 minutes
 - b. 1 hour
 - c. 3 hours
 - d. 6 hours
 - e. 12 hours
 - f. 24 hours
6. Be amazed how you just memorised 26 numbers without straining your brain

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Here is how I tackled the exercise:

Sequence	Major System	Word / Image sequen
120	tns	tunes (replaced by music notes)
79	cp	cop (man in police uniform)
930	pms	pumas (image of puma)
2	n	No (an X)
87	fk	fuk (replace by the finger - c)
58	lf	life
120	tns	tunes (replaced by music notes)
599	lpp	lippy (Lippy Kids sung by elbow)
8	f	Fa (Musical note)
024	snr	Sonar (Tintin again)
57	lk	like (facebook thumbs up)
4	r	her (point to a random girl and shout her)

First I chunked the words/images and placed them in two groups:

1. Tunes - Cop - Pumas - No - Fuk - Life
2. Tunes - Lippy - Fa - Sonar - Like - Here

Then I replaced the words with a cartoon and linked them together to form a silly story.

Example group 1:

Chief Wiggum is listening to some tunes on his Ipod while strutting in the bushes. Unaware of the danger ahead he walks into a puma's lair. When he sees the beast licking his lips Chief Wiggum screams Noooo Fuk (my) Life.

Example group 2:

Mumford and Sons are playing the tunes of Lippy kids in Fa Major on a yellow submarine. The Sonar indicates an enemy torpedo is fired and is 'LIKE HERE'.

(After four months I forgot Fa in the second group but it is still pretty impressive considering I have a hard time remembering what I had for lunch last week).