

# Memory Success: The Mini-Course

## By Jay Jennings

### Chapter 1: Introduction

It's much easier to visualize objects rather than abstract things such as concepts, emotions, etc.

Be sure that the link is memorable--using violence or exaggeration or something very weird will make the link stronger in your mind. A link that makes sense is easily forgotten.

### Chapter 2: The Goofy Picture Linking Thing

1. Pick up donuts for the office
2. Drop off child's forgotten school project
3. Call Mother-in-law about Sunday dinner
4. Meet a friend for lunch
5. Take Tom to soccer practice
6. Pick up Chelsea from unicycle club
7. Stop at cleaners and drop off suit
8. Return overdue books to the library
9. Pick up pictures from the photo lab
10. Get a movie for after the kids are in bed

One object on the list is linked to the next object on the list and by picturing the weird situation in your mind you will be able to recall each object.

### Chapter 3: Credit Card PINs and Such

Here are all the numbers one through 10:

1. Gun
2. Shoe
3. Tree
4. Door
5. Hive (full of bees)
6. Sticks
7. Heaven (or clouds)
8. Gate (picket fence)
9. Vine
10. Hen

Actually, since we want to use just single digits, we will use hen for the number zero.

## Chapter 4: Where Did I Put My Keys?

Just because you have a home gym doesn't mean that you have buns of steel. Which explains why even someone with a trained brain can forget where they put the car keys. Because having the right tools isn't enough, you have to USE them in order to make a difference.

To remember where you left your keys, you need to link the keys with wherever we place them.

## Chapter 5: Summary and Diploma

Please practice what you've learned. An easy way to do that is while you're driving around. Link objects that you see, see how fast you can convert license plate numbers, and so on.

The more you practice, the more confidence you'll have and the faster you'll be able to memorize just about anything.

## Practice Lists For Linking

List #1	List #2	List #3
Water Bottle	Microphone	Rat
Dragon	Picture	Door
Coat	Guitar	Flashlight
Game	CD	Wristwatch
Magazine	Extension Cord	Egg Timer
Telephone	Harmonica	Spoon
Spider	Breath Mint	Backpack
Sofa	Lamp	Puppy
Kleenex	Paper Clip	Vacuum Cleaner
Eraser	Juggling Balls	DVD
Books	Popcorn	Clipboard
Mouse	Magnet	Stairway
Carpet	Chair	Mixed Nuts
Pizza	Frog	Puppet
Magic Wand	Poster	Envelope
Keys	Snow	Mailbox
Shovel	Toolbox	Mountain
Glasses	Tarp	Matches
Hatchet	Radio	Washing Machine
Circus	Fan	Stamp