

# MEMORY CLASS WORKBOOK



## THE 5 PRINCIPLES OF AWESOME MEMORY

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MEMORY TRAINING WORKSHOP  
WITH MOHSIN BHATTI

**MindWorkShop**  
REPAIR YOUR LIFE

# WELCOME TO YOUR MEMORY CLASS WORKBOOK

## 5 Tips to Get the Most Out of This Memory Class

1. Print this guide before the memory class so you can take notes as you listen. You can also directly type in the guide to save paper. It is editable.
2. Review the contents of this guide before the memory class so you know what to expect, and you can best set aside private time before, during, and after the memory class to complete the activities.
3. Think of how you can quickly implement the secrets revealed in this session to rapidly improve your memory.
4. During the memory class, use the dedicated space on the right side to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
5. Continue reviewing your workbook and notes to process your lessons at a deeper level. Insights may spur during revision.

**“Most people do not forget---- they just never take  
the trouble to remember”**

-Harry Lorayne

# WHAT TO EXPECT

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### 1. **PRE-MASTERCLASS EXERCISE**

- Set your intentions before the memory class

### 2. **YOUR STORY**

- Reflect on your current stage how much you can memorize and which method is good for you to memorize quickly.

### 3. **THE 5 PRINCIPLES TO TRAIN YOUR BRAIN**

- The 5 Principles to train your brain are: Concentration, Visualization, Association, Imagination, and Location.

### 4. **THE MAGIC OF MIND "EXERCISES"**

- Exercises will help you to see the magic of you mind in memory class.

### 5. **BECOME MORE EFFECTIVE LEARNER**

- Create awareness by asking yourself powerful questions.

# 1. PRE-MEMORYCLASS EXERCISE

## Start with Intention

What we think? Memory is intelligence. The more you memorize, the more you are intelligent. Memory is God gifted, we cannot improve it. I do not have good memory, I am not intelligent.

### **GOOD NEWS.....!!!**

You can improve your memory. Memory is like muscle. The more you understand how we memorize the things, the more you are able to improve the memory. Believe in yourself and concentration is the key to improve memory.

#### **Exercise:**

**NOT ALL WHO  
WANDER ARE  
ARE LOST  
X**

Read the phrase above. If you have read it, read it again to make sure you know what it says. Now close your eyes and say it loud. Check again if you got it right. Did you say, 'Not all who wander are lost'? Well you have got it wrong. If you check the box again, you will see that it actually says, 'Not all who wander are are lost'.

If you were right the first time, well done! You have excellent concentration.

Now you have improved your concentration. Calculate time to find out the right side list of words upward, downward, vertically, horizontally and diagonally before the memory class.

## WORD SEARCH

C	L	A	S	S	E	S	M	O	P	ruby
H	T	I	D	M	I	Y	U	I	E	blocks
H	E	B	Z	B	E	P	T	T	L	heredocs
E	S	R	L	M	M	P	A	E	B	classes
A	A	A	E	O	D	A	B	R	I	iterator
R	F	C	H	D	C	H	L	A	X	module
R	U	O	H	U	O	K	E	T	E	objects
A	R	B	H	L	A	C	S	O	L	flexible
Y	P	P	Y	E	I	N	S	R	F	each
E	S	S	T	C	E	J	B	O	S	happy
										mutable
										lambda
										hash
										array

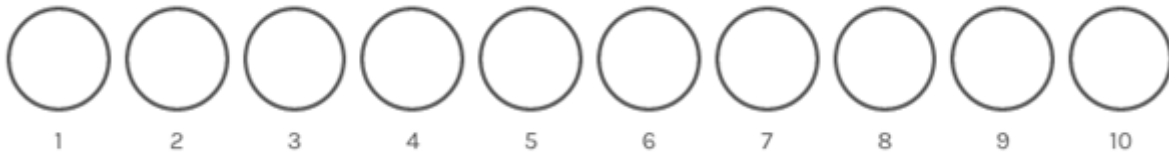
Write down your time:

To search first word. \_\_\_\_\_

To search all words. \_\_\_\_\_

## 2. YOUR STORY

Fill in your current and desired state for how you feel that how much you can memorize. Fill in the circle of your desired state and use an “X” for your current state



Here’s a short quiz to check if you are visual, auditory or kinaesthetic. For each of the following statements, circle answers a, b or c if it describes you best.

1. When I memorize something new, I tend to
  - a) Write it down first
  - b) Read it loud
  - c) See if I can draw
2. During my free time, I mostly enjoy
  - a) Watching TV or Videos online.
  - b) Listening to music or talking to my friend.
  - c) Playing sports or doing some arts and crafts.
3. When I am learning a new skills, I am most comfortable
  - a) Watching how the teacher does it.
  - b) Getting proper directions from the teacher.
  - c) Trying it myself and learning as I go along.
4. When I am at concert or watching a music video, I
  - a) Notice the band members and other people in the audience.
  - b) Listen to the lyrics and the beats.
  - c) Dance along to the music.

5. When I concentrate, I mostly
  - a) Focus on the words or pictures in front of me.
  - b) Discuss the problems and possible solutions with friends.
  - c) Fidget a lot, fiddle with pens and pencils, scribble.
  
6. I find it easier to remember
  - a) Faces
  - b) Names
  - c) Activities with friends
  
7. When I meet an old friend, I say
  - a) It's good to meet you!
  - b) It's great to see you again!
  - c) I give him a hug or shake his hand.
  
8. When I am anxious about an exam, I
  - a) Visualize the absolute worst that can happen.
  - b) Talk to myself or others.
  - c) Fidget and pace around.
  
9. I find it easier to understand a lecture if my teacher
  - a) Uses lots of pictures and illustration.
  - b) Speaks clearly with many examples.
  - c) Gives us material to work with.
  
10. I like my house to be
  - a) Bright
  - b) Quiet or noisy
  - c) Comfortable.

Now add up your chosen options and write down the total here:

a) \_\_\_\_\_ b) \_\_\_\_\_ c) \_\_\_\_\_

# 3.THE 5 PRINCIPLES OF MEMORY

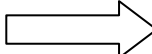
## 1.Concentration

Concentration is the ability to focus on what you are studying. We observe that we are fully concentrated when we are watching a cricket match, movie or drama while when we are studying we lost our concentration after some time.

To understand when we are fully concentrated? If that work is interested. It means that concentration comes with interest.

And interest comes with association. Association with that work shows your concentration.

Memorization  Concentration  Interest

Interest  Association

Associate your study material with the previous knowledge then you will feel interest and you will be fully concentrated in your studies and this will improve your memory.



## 2. Visualization

The Greek philosopher Aristotle believed that human soul never thought without first creating a mental picture. We take in information through our senses, but they are more easily stored and remembered if we convert that information into pictures that we can actually see inside our heads.

Visualization is nothing but creating pictures or images in your mind. It helps you remember people, places and names easily by associating images, colors and impression with words.

Visualization do not need to be exact but even picturing any aspect of the object in question is enough for you to be able to recall it. For example, when asked to visualize a horse, you do not need to have an exact picture of the horse in your mind but even an aspect of a horse.

When you are memorizing long lists of words, you will not have the time to stop and fix a fully accurate mental picture in your mind for every word. What needs to flash in your memory is just a quick image or aspect of the word that you are studying.

### **Exercise:**

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### 3. Association

Association simply means connecting two or more things together. Your brain always stores information in the form of connections or associations. Whenever you observe something new, you always connect it with something that you already know. What was subconsciously associated strongly will be remembered and what was not associated strongly will be forgotten.

You may tend to think of an object, not in terms of its dictionary definitions but rather by the notions that you associated with it. For example, you may not think of rain as condensed moisture from the atmosphere falling in separate drops, but you may have personal associations for it such as snuggling under the blanket on a rainy day, sitting on the balcony and taking tea, bike rides in the rain.... The list can go on.

#### **Exercise:**

Your first association will be the strongest and most significant. Read the following words aloud and write down the first thought that you have when you say each word.

Light bulb  
Seven

Ice cream  
Basketball

Thunder  
Dawn

Elephant  
Black

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## 4. Imagination

Imagination is what binds visualization, associations, and locations together. The more absurd the visualization, the stronger is the association and this is achieved by a vivid imagination. Let your imagination run riot. In your head, laws of physics do not apply. Animals can speak, inanimate objects can juggle or do tricks.....anything is possible. The more ridiculous the imagination, the better you will remember what you are studying.

Where memory is concerned, there are few fun principles of imagination to follow to make visualizations and associations strong.

- i) Exaggeration
- ii) Out of proportion
- iii) Humor
- iv) Don't just walk, dance
- v) Enjoy

### **Exercise:**

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## 5. Location

Locations make up the map of memory, providing a natural and efficient way of storing and retrieving memories. This is because the world is three dimensional and objects can be located physically or mentally by where they are placed or located.

When we talk about memory, the trick is to visualize a location that is familiar to you such as your house, school or the route that you take to school. Identify landmarks along those routes and then picture what you want to memorize on each landmark.

What you want to memorize you can picture each of these at each landmark. When you need to remember, all you need to do is mentally walk through your landmarks and you will be able to see each item at each landmark location. This is how you can visualize and associate objects with familiar locations in order to memorize better.

### **Exercise:**

Make your landmarks of your house and write down at least 10 landmarks.

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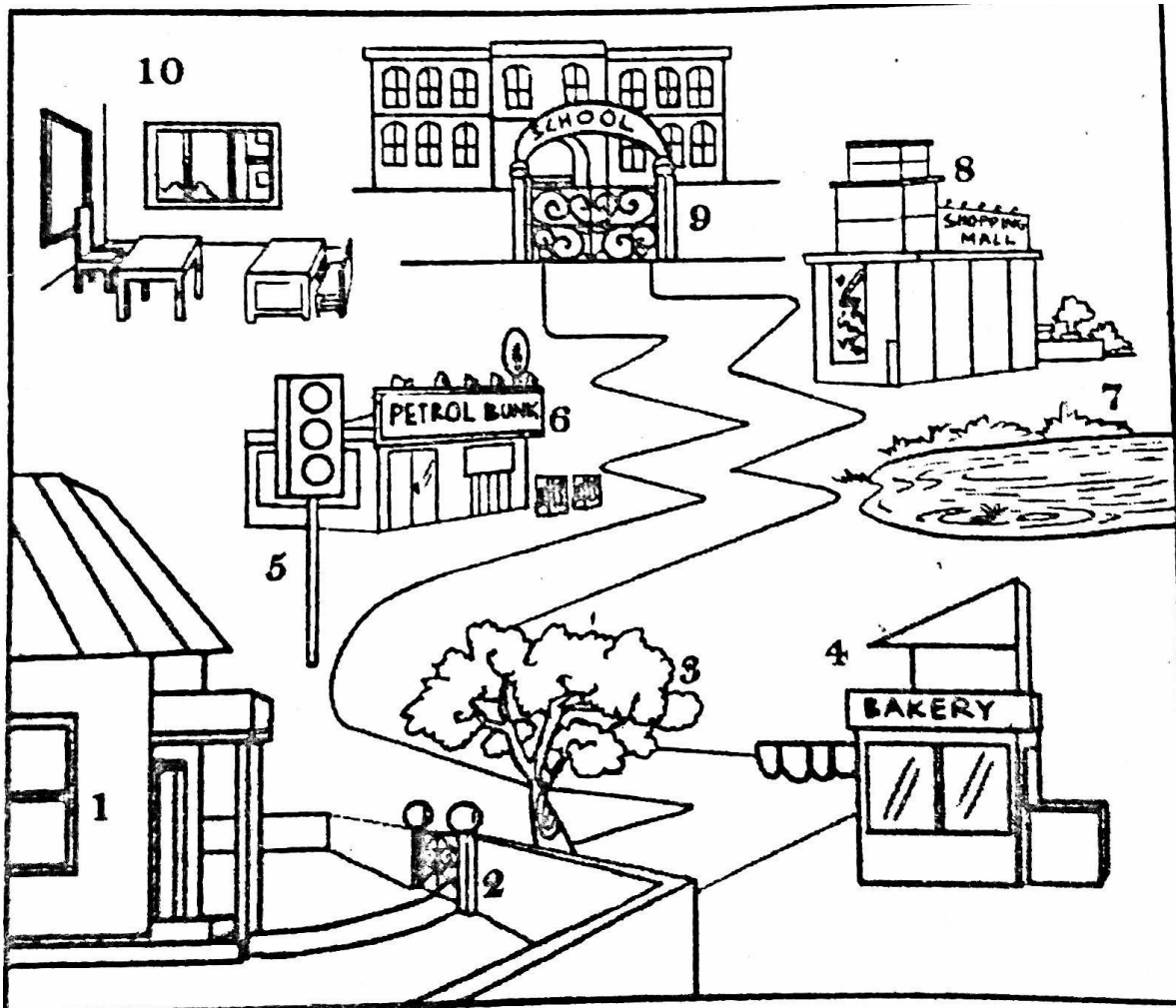
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## 4. THE MAGIC OF MIND “EXERICES”

Now we will see the magic of the mind.

Let’s consider the following location and landmarks of the location.



1. Front Door of the House
2. Front Gate
3. Tree
4. Bakery
5. Traffic Light

6. Petrol Pump
7. Lake
8. Shopping Mall
9. Front Gate of School
10. Classroom

Now you have created the route for your memory. Now we apply the principles of memory to remember the following lists.

We will see the magic that on a single landmark we can memorize multiple things.

<b>Sr</b>	<b>Country Name</b>	<b>To-Do List</b>	<b>Grocery list</b>	<b>Computer List</b>	<b>Random List</b>
1	Afghanistan	Home work	Bread	Hard Disk	Jungle
2	Bangladesh	Group Study	Cake Rusk	RAM	Marriage
3	China	Basketball Practice	Chicken	Keyboard	Mango
4	Pakistan	Fill up petrol in bike	Rice	Flash Drive	Scissor
5	Egypt	Go to tailor	Macaroni	Printer	Gold Coin
6	France	Singing practice	Ketchup	Mouse	Throat
7	Germany	Chemistry Tuition	Soap	Monitor	Doctor
8	Hungary	Pick up Laundry	Meat	CPU	Camel
9	Iran	Get Watch Repair	Biscuits	Mother Board	Newspaper
10	Japan	Buy Milk	Pepsi	Webcam	Airplane

SPACE TO TAKE NOTES

## 5. BECOME MORE EFFECTIVE LEARNER

- ❖ **Make Use of Memory Improvement Basics**
- ❖ **Keep Learning (and Practicing) New Things**
- ❖ **Learn in Multiple Ways**
- ❖ **Teach What You've Learned to another Person**
- ❖ **Utilize Previous Learning to Promote New Learning**
- ❖ **Gain Practical Experience**
- ❖ **Look up Answers rather Than Struggle to Remember**
- ❖ **Understand How You Learn Best**
- ❖ **Use Testing to Boost Learning**
- ❖ **Stop Multitasking**

**THANK YOU FOR JOINING MEMORY CLASS!**



To implement what you learn and create amazing impact on your studies.

Thanks you so much for joining memory class.  
Wish you Best of Luck in future.  
Keep in touch with us [www.mindworkshop.pk](http://www.mindworkshop.pk)