

# Memory Improvement Masterplan & Magnetic Memory Method Worksheets

By Anthony Metivier  
[www.magneticmemorymethod.com](http://www.magneticmemorymethod.com)  
Neue Bahnhofstraße 28  
10245 Berlin, Germany  
+49 0151 574 5575  
[learnandmemorize@zoho.com](mailto:learnandmemorize@zoho.com)

**“How to Memorize and Recall Information Better and Faster!”**

From:  
Anthony Metivier  
Berlin, Germany  
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Dear Memorizer,

In this special letter, I'm about to give you 8 proven and tested strategies you can use to memorize and recall information better and faster in addition to what you've learned from the Magnetic Memory Method books and courses.

The majority of these strategies are quick, easy and fun ... but to be perfectly honest, others will take a little bit more of your time and attention (though not necessarily hard effort). They're based on both the universally applicable structures of mnemonics and the Magnetic Memory Method principles of building well-structured Memory Palaces in combination with effective associative-imagery to memorize your target information. If you're unfamiliar with mnemonics, you haven't read one of the Magnetic Memory Method books, taken a Magnetic Memory Method course or seen any of the YouTube videos, then ...

Read on anyway.

Why?

Because if there's one thing the memorization strategies you've about to discover have in common ...

### **It's That They All Work!**

These are the strategies used by successful Memorizers around the world, the same people who used to believe they were born with a poor memory.

Next, in the second part of this letter (I've called it: "**How to Build Memory Palaces Like A Champ (Without Having To Compete)**"), I'll be unveiling an amazing method that will help you build Memory Palaces with ease every time you sit down and work on developing your memory using the Magnetic Memory Method. There's even an ace up my sleeve that I'll be revealing at the end of the second part, one that will truly make your Memory Palaces more Magnetic than you have ever dreamed possible. And if you heed that point well, it can also change your entire life for the better.

Finally, in part three of this special letter, I give you the Magnetic Memory Method Worksheets and some words about how to use them.

But before we get into any of that, in case you don't know me, let me introduce myself:

My name is Anthony Metivier (never "Tony"). I don't have any nicknames, except for "Grizzly," which is what the guys in a band I used to play in called me because ...

### **I come from Canada!**

Anyhow, I don't live there at the moment, but it was in Canada that I first learned how to use memory techniques. Without them, I never would have completed my PhD in Humanities at York in Toronto, let alone my second MA in Media & Communication Studies at the European Graduate School in Switzerland.

The degrees aren't important.

But the memory techniques that enabled me to complete them in record time and during a period of deep, clinical depression do matter.

In fact, developing memory techniques ...

### **Literally saved my life!**

Strangely enough, after leaving my depression behind, thanks in large part to discovering memory techniques, I never really taught them to anybody. I used to memorize the names of my students on the first day and amaze them by my ability to recall them and give them a quick tutorial to show them how I did it, but until just a few years ago, I never even thought about writing a book or creating video courses about memory skills.

Now, however, having seen how memory skills can change people's lives following a teaching experience in Vancouver in 2012, I feel that spreading the good news about memory skills is the most important job in the world.

So, if you're ready, let's begin with:

### **How to Memorize and Recall Information Better and Faster Strategy #1: Set Up A Proper Space For Memorizing And Practicing Recall**

Whether your goal is to memorize foreign language vocabulary, poetry, parts of a textbook or even your dreams, every person I've ever encountered who has achieved real success has a designated place they use to memorize material.

Yes, of course you can memorize material on the bus, in a restaurant, even when walking down the street. I do this all the time.

However, I also have a special place for memorizing. It's contained. Quiet. Free from interruptions.

You should find one too. Experiment with how this space is arranged. Make it comfortable, inspiring, a place that always lifts and maintains your mood.

As an aside, I once visited Athens so that I could be close to where the Memory Palace technique was invented. I got the flu and didn't actually get to visit Ceos where Simonides is said to have originated the technique (it's probably a mythical tale anyway), but the point is that I was able to memorize a lot of material in Athens because I was excited about being there. It had meaning for me with respect to memory, so keep this in mind for yourself when looking for a place to memorize. If sitting on the floor beside a bookcase inspires you, do your memorizing there. If you prefer the porch, use it as your special place.

In sum, there's a strong relationship between what activities you engage in and where you engage in them. Use this powerful connection to your advantage.

### **How to Memorize and Recall Information Better and Faster Strategy #2: Set Up a Memorization Routine**

When would you prefer to spend time on memorizing the information that concerns you? Textbook material for breakfast, foreign language vocabulary for lunch, poetry for dinner?

It sounds like a joke, but there's definitely something to the idea of treating your memorization sessions like daily meals. I used to do my memorizing willy-nilly and although I always got great results (it's difficult not to using these amazing techniques), I never realized just how profound the outcome would be when working with a set schedule.

Why?

It relates to the idea of dedicated practice. If you're a musician, you've probably had this experience of trying to play a piece, making a mistake, and then starting from the beginning all over again.

The reality of this approach is that it will never get you anywhere. You've got to break the piece down into small parts, master just the parts that are stopping your forward progress and only then work on performing the whole song.

Something similar happens with memorization activities, which is why it's best to gather them together in 30-45 minute sessions of two or three a day. These dedicated sessions are for memorizing and memorizing only (and Recall Rehearsal, which is part of the memorization process).

**Here's what I do:** I have three daily sessions of no more than 20 minutes each, carefully monitored by a timer. I believe in the power of short sprints and have seen short sessions work miracles in everything I do, from playing bass guitar to writing. Doing things in threes and for short, concentrated bursts of time makes all the difference in the world.

But before I even start memorizing anything, I analyze the material and decide in advance what kind of Memory Palace I'll need and make sure that I have a good sense of how many stations in the Memory Palace I'll need. I might even need more than one Memory Palace. That's never a problem, but it's good to know in advance so that when I start memorizing the material at hand, I don't have to break the flow.

Next, I sit back and relax. It's very important to be in a state of relaxation when memorizing. It lowers any mental resistance and negativity and significantly raises creativity. I like to combine progressive muscle relaxation with Pendulum Breathing.

At this stage, you might also want to remind yourself about what's exciting about the material you're about to memorize. Why do you care about it? What is it going to help you achieve? Are you memorizing it to recite a speech? Learn a foreign language? Excel in school? Let the positive energy of each of these outcomes inspire you and create good energy as you deepen your state of relaxation.

If any of this sounds a bit New Agey to you ... it really isn't. Just as we would never expect an athlete to run without stretching, we shouldn't expect ourselves to memorize without some form of preparation.

Therefore, if you'd like to see optimal results as a Memorizer, combine a regularly scheduled memorization session with relaxation and you will soar.

On the matter of keeping your sessions short, you don't have to limit yourself to 20. I would recommend that you never do less than 20 minutes at a time and never more than 50. These are my own intuitive numbers, but I think you'll find that they work for you as well.

Oh, and ...

Make this a daily routine. If you want to see results and memorize a whole lot of information in the process, the best way to do this is every day. The best Memorizers memorize a lot and so should you.

This doesn't mean that you can't take a day off, but it does mean that you probably shouldn't take more than one day off. It's far too easy for two days off to become three, then four and then the next thing you know you haven't been back to your memorization sessions for a month.

### **How to Memorize and Recall Information Better and Faster Strategy #3: Memorize Something Simple and Easy First**

Whether you're an experienced Memorizer or just a beginner, always start your sessions by memorizing something easy first.

For example, look up ten actors on the Internet and memorize their birth dates. Or memorize ten simple facts, the ten largest mountains on the planet or a simple poem. Use all of the techniques you've learned in the Magnetic Memory Method and one of your pre-established Memory Palaces (look to the end of this special report for a brief refresher of the Magnetic Memory Method and worksheets that will help you build your Memory Palaces).

Whatever you do, realize this:

### **When The Going Gets Tough ... It's Usually Because You're Starting With Something Too Difficult!**

And that's sad because you *can* deal with difficult material. You've just got to ease your way into it.

Case in point: I was working on memorizing some complex German lyrics from a Einstürzende Neubauten called “Weil Weil Weil.”

Why was it a struggle?

Not because the techniques don’t work.

Because I wasn’t warmed up. My mind wasn’t pliable yet. I was relaxed (the muscles of my mind were stretched), but I still needed to pace around the track a few times before starting the race.

The solution:

I memorized a short set of lyrics in English first. Just a couple of lines from “Black Grease” by The Black Angels.

Apply this strategy to your memorization efforts and you will do very well.

#### **How to Memorize and Recall Information Better and Faster Strategy #4: Allow for Mistakes**

Even though the goal of memorization is to be 100% perfect, it’s okay to make mistakes. Every word or phrase or piece of information does not have to be 100% solid the first time you place it in a Memory Palace. With even just a small amount of experience, it usually will be, but listen ...

You will not die if something isn’t perfectly memorized the first time you work with it. When you practice Recall Rehearsal the right way, you will be able to “troubleshoot” any problems that you have easily, effortlessly, effectively and in an elegant manner.

The same thing goes for when you’re speaking a foreign language and using Memory Palaces to help recall words that you’ve memorized. If you hesitate or stutter because it’s taking a second or too, don’t get worried or flustered. We search for words in our minds in our mother tongue all the time. If you’re memorizing in a state of relaxation, it will be easy to draw upon that relaxation during recall, so simply allow yourself to be free. Every mistake you make is an opportunity to practice and improve through self-observation and self-correction.

In other words, the elegance of memorization and recall you can achieve comes from never allowing yourself to get frustrated for any reason. Which leads us to ...

#### **How to Memorize and Recall Information Better and Faster Strategy #5: Don’t Be Afraid to Skip Stations or Throw Away Associative-Imagery If They’re Not Working Out**

That section-heading was a mouthful.

But an important mouthful.

A lot of people give up on using Memory Palaces because they can't see how to make a particular room in a building part of their mnemonic journey or they can't make a particular associative-image they've come up with help them recall a piece of information.

One reason for this involves the human reluctance to give up on something with which we've invested time. We'd rather invest more time into trying to make something that's not working function than seeing that time well-spent as part of a test-run and starting again or letting go of something we've crafted.

Therefore, if you're following the Magnetic Memory Method principles of not trapping yourself and not crossing your own path and this means that you need to give up a particular Memory Palace station in your home or whatever building you may be using ...

*Simply give it up.* There are countless ways ways to gain all the stations you could ever need. The back issues of the Magnetic Memory Newsletter cover many of these in great detail.

The same thing goes with associative-imagery. I've taught you the principle of compounding in my books and video courses and this is a great method to make use of material that isn't quite getting the results you're hoping for. However, if you need to wipe the slate clean, just do it. You'll not only benefit from the practice you've already put into the image by letting it go, but you'll be giving yourself the opportunity to come up with a new set of associative-images, which exercises your mind and makes you faster and more effective in very short order.

If you're really having a hard time letting a poorly functioning associative-image go, then allow yourself to follow the ...

### **“Two Minutes of Mourning Rule!”**

“The Two Minutes of Mourning Rule” is exactly what it sounds like. You allow yourself two minutes to feel sad about time you've “lost” and then get back to work. During these two minutes, you can do whatever you please. Scream at the walls ... sob ... swear ... tug at your hair. Do whatever it takes to get the frustration out of your system.

But ... here's the thing:

You will ***never*** get yourself in such a state if you do all of your memory work in a state of relaxation. It simply won't be possible and the only reason I've included in this section is because, even though I know what a powerful tool of memorization and recall relaxation

is, many people will skip this part, leading to less effective Memory Palace construction and associative-imagery building.

If that's you, there's hope. And now you know what that hope is.

Two minutes of mourning. And not a second more.

### **How to Memorize and Recall Information Better and Faster Strategy #6: Be Healthy**

If you want to memorize faster and have superior recall, memory techniques will help. In fact, they're guaranteed to help because they operate on the basis of universal principles that are true for everyone with a normally functioning human brain (and even for some of us who don't have a normally functioning brain ...)

That said, if you really want to excel, you've got to be healthy. I'm not going to tell you about the foods I choose, the exercises I do or how much I sleep. These facts are irrelevant. What matters is the healthy choices that you make for **you**. The healthier your choices are, the better your work with memory techniques will be.

### **How to Memorize and Recall Information Better and Faster Strategy #7: Specialize**

If you want to memorize better and faster, having an area in which you specialize is a great strategy.

There are all kinds of areas in which you can specialize. Foreign language vocabulary is a great one, but there's also poetry, facts, long numbers, physics equations, maps ... you name it. You could be the Memorizer who has the phonebook in your head or the Memorizer who has Shakespeare memorized.

Although both are mighty impressive, one is probably more useful than the other, but the point remains the same: we benefit from specialization. Here are some reasons why:

You become a master of the art of memorizing this one thing and develop skills that transfer to memorizing anything else with depth and integrity that you will not get from not specializing.

You will build a "vocabulary" of associative-imagery that you can apply to other kinds of information you may want to memorize. You'll also have a large body of Memory Palaces, which will help prevent you from the feeling that you need to reinvent the wheel every time you sit down to memorize something.

You can practice focusing with greater intensity because you know so much about the subject area. Practicing the focus you need to memorize a subject is a level above practicing the thing itself because it deepens the way you practice. This is a slightly



metaphysical statement, but I'm sure that your personal experience will bear it out and you'll see what I mean.

### **How to Memorize and Recall Information Better and Faster Strategy #8: Give Yourself Rewards**

I used to think this idea was corny. I mean ... really? Can't I sit with the big boys where accomplishment is its own reward?

Answer: no.

Over the years, I've come to understand and value the concept of rewards that go beyond the satisfaction of accomplishment.

In fact, just as I have learned to structure my memorization sessions (and my daily work in general), I've learned to structure my rewards. For example, four hours of work in the morning wins me four hours of free time in the afternoon followed by 4-6 more hours of work in the evening. But if I don't put in that morning work, I do not allow myself this huge break in the middle of the day.

It's as simple as that.

There are other rewards I give myself, but what these are really doesn't matter (they are usually books or video courses about card magic). What matters is that you spend some time thinking about the kinds of rewards you can use, not only to motivate yourself, but to genuinely give yourself the gift of joy for consistently accomplishing your goals.

The formula is basic and simple:

If I work on memorizing [insert information type] for [insert length of duration in hours and/or over how many days/weeks/years], I will receive [insert reward].

For example:

*If I work on memorizing 1000 Italian words for 100 days at a rate of 10 a day, I will reward myself with a trip to Rome.*

Nothing to it, right?

It's easy peasy and always works a charm.

**Now that we've covered these 8 amazing strategies that anyone can use to improve their abilities as a Memorizer, let's move on to the second part of this special report ...**

## **“How to Build Memory Palaces Like A Champ”**

I want to make this section short and sweet so that you can get on to filling out the Magnetic Memory Method worksheets and experience the brilliant power of having a network of Memory Palaces and using them to memorize foreign language vocabulary or whatever else you might be working on memorizing.

In addition to making a detailed survey of your past for buildings that you are already familiar with and going out and finding new locations by visiting museums, restaurants, the homes of new people you meet, etc., there's another secret. It's this ...

### **Read Novels**

You know, if you've read or listened to my free Memory Training Consumer Awareness Guide, you know that I recommend you read all that you can about memory techniques. There's no one right book, audio program or video course. True, some are crap, but one of the ways that we discover what is good and what works is by spending time with things that are bad. That's just a fact, and if we're a serious student of a particular subject area, we need to capitalize on some of the duds we come across.

Not so with this special technique. When it comes to reading novels as part of Memory Palace development training, you want the best. You want stories that deeply capture your interest so that you're constantly in a state of pleasure and reward while reading.

This is important.

Here's what to do while you're reading:

Focus on the buildings in the story. This shouldn't disrupt your reading much. Just see where the characters are in your mind and pay extra attention to what those buildings look like.

Work at getting a good sense for their dimension. For example, if you think about the building you're sitting in right now, you probably have a good feeling for how big the place is. You might be in just one room, but you have a mental idea of the entire layout in terms of its height and girth.

Although you will have to imagine these characteristics in the novels you read, the payoff will be great because you're exercising the imaginative parts of your spatial thinking abilities.

Let me give you an example of what I mean:

On the way to Athens (I was telling you about that trip before), I picked up a copy of John Grisham's *The Racketeer*. The main character spends a great deal of the book in prison. There aren't a whole lot of details about the prison. We know mostly about the

narrator's cell, the warden's office and the fact that it's a low-security joint surrounded by forest, which makes it easy for people to escape from.

While reading the events that take place in this prison (and all the other buildings mentioned in the book), I allowed part of my attention to actively filling in the details of what these buildings are actually like. In the case of the prison, I decided that it had eight wings and two pods. I don't know why exactly, but I let my imagination do what it does best: imagine things. And by doing this, it gets exercise.

All of the imaginative abilities that come from this exercise can then later be "mapped" onto the job of mentally envisioning Memory Palaces based on real locations. By engaging in this exercise, you are improving the mind's eye and essentially becoming ...

### **An Observer Of Structures And The Linear Journeys Within Them**

As a reader of my books, participant in my video courses or viewer of my YouTube videos, you already know the principles of Memory Palace construction very well. This little tip is basically gold for getting better and better at building and holding well-formed Memory Palaces in your mind. It's all about seeing things in your imagination in ways that are as palpable as possible and this is a great technique for building up your chops in this record and becoming a Memory Palace building champ (without necessarily becoming a competitor).

Everything else you need for effective Memory Palace construction you'll find by taking action with the Magnetic Memory Method worksheets.

And then use those Memory Palaces.

If there's one final tip I can leave you with, one that has the potential to change your life:

*Don't confuse activity with accomplishment.*

Your Memory Palaces are only good if you actually use them. They're not like real buildings where the walls have to pass inspection tests and people can get killed if the roof collapses. Memory Palaces are amazing structures that get better and better the more you use them. They flower and grow. They are like rhizomes that connect in your mind, but only if you water them with use.

Again ...

*Don't confuse activity with accomplishment.*

Use the Memory Palaces you build using the principles I've taught you in this special letter. That means in a structured manner designed to bring you daily results as you set about memorizing whatever you want so that you have perfect and (mostly) instant recall.

## In Conclusion ...

So now it's time to wrap things up with a quick summary.

In order to get the most out of the Magnetic Memory Method training you've received as a reader or course participant, make the decision to get started designing your own Memory Improvement Master Plan today.

Here are the points in short form:

- 1) Set up a proper space for memorizing and practicing recall
- 2) Set up a memorization routine
- 3) Memorize something simple and easy first
- 4) Allow for mistakes
- 5) Don't be afraid to skip stations or throw away associative-imagery if they're not working out
- 6) Be healthy
- 7) Specialize
- 8) Give yourself rewards

I'd like to add another point: teach others how to use Memory Palaces and let them know about these simple approaches I've just shared. They can be applied to many things and when you teach others, you re-learn the topic. In other words, something taught is something twice learned and it's through teaching both the theory and what we've learned from our own implementation that truly makes us grow.

And one last thing before I go. If you don't already own my book, [\*The Ultimate Language Learning Secret\*](#), now would be a good time to add it to your library.

Why?

For one thing, it contains dozens of tips, strategies and amazing "mindset shortcuts" just like these that will quickly charge your language learning efforts and abilities.

You'll also discover:

- \* How to escape from the prison of your mother tongue so that you can enjoy the benefits of fluency, including better understanding, communication and advanced experiences in travel for pleasure, business and personal development.
- \* How to identify language learning heroes who can literally transform your current lack of words into an abundance of fluency.
- \* The magic formula for developing discipline, ability and self-control all at the same time so that you can sit and accomplish your language learning goals quickly, easily and

in ways that are effective, easy and fun. (This formula alone is worth double the price of this book.)

- \* Exactly how to earn and spend the "currency" of fluency so that you can exchange new ideas with the speakers of your target language, earn their admiration and enjoy their respect.
- \* How to completely re-wire your mind so that the "work" of language learning becomes playtime - every time.
- \* A precise method for using travel magazines to boost your fluency (and whet your appetite for travel so that you get your butt in the plane and enjoy the amazing benefits of traveling in and through the language you're learning to speak.)
- \* How to research the absolutely best training materials so that you can always instantly choose the best and invest your time and money wisely.
- \* How to eliminate negative labels about language learning that most people hold so that you're no longer held back by the nasty "earworms" responsible for "language learning depression."
- \* Why you need a monolingual dictionary in order to truly succeed at language learning and feel like you're really learning the language like a pro.
- \* The ultimate no-nonsense time management strategies for language learning that no one has ever taught you before.
- \* How to train your family, friends and loved ones to give you the necessary space for language learning without having to worry about feeling selfish, needy or coming off as a language learning diva.

Enjoy learning and implementing [\*The Ultimate Language Learning Secret\*](#) today.

Sincerely,

Anthony Metivier

P.S. By the way, *The Ultimate Language Secret* is the first book to receive an introduction. One of them is by world class ESL teacher Haydee Windey. It's a wonderful set of thoughts about my teaching that I'm proud of and inspired by.

P.P.S. Remember: You can get in touch with me at any time with your questions by sending an email to [learnandmemorize@zoho.com](mailto:learnandmemorize@zoho.com).

Now, without further adieu, here are your ...

# Magnetic Memory Method Worksheets

## Introduction:

Readers of my books are familiar with the following three principles:

- 1) Location
- 2) Imagination
- 3) Action

To become truly fluent or all encompassing when it comes to memorizing a particular subject area, we want to create as many palaces as there are letters in the alphabet, and in some cases more. The following pages include example exercises and worksheets that you can print out and use when building your own unique memory palaces.

## Exercise Number One:

To begin, think about 10 locations that you know well. These will become the basis for your first ten memory palaces. Whenever possible, try to link the place with the letter. For instance, I might associate A with Aberdeen Mall, S with the Sony Center and Z with Zoltan's Movie Theatre. You will undoubtedly have more than 26 locations, so save the extra ones to build palaces for grammar or miscellaneous material you might want to pick up from time to time.

Do your best to link your Memory Palaces with locations that match the first letter now, but if you can't, keep identifying locations that you can use anyway. You can always come back and organize your locations more thoroughly and alphabetically later. One of the keys to the Magnetic Memory method is to keep moving forward. To paraphrase Edison, make a mess now and clean it up later. That's what these worksheets are for, so print them out as many times as you like and start fresh.

On that matter, I've provided you with both PDF and a .doc file. Experiment with both. There is reason to believe that writing with the hand builds the mind differently than typing. I talk more about ways you can develop your mind through handwriting in my coaching and will be revealing the concept in a future book, but for now, keep that in mind when creating your Memory Palace files.

1. (A)

2. (B)

3. (C)

4. (D)

5. (E)

6. (F)

7. (G)

8. (H)

9. (I)

10. (J)

If you can do all 26, then by all means, please continue.

11. (K)

12. (L)

13. (M)

14. (N)

15. (O)

16. (P)

17. (Q)

18. (R)

19. (S)

20. (T)

21. (U)

22. (V)

23. (W)

24. (X)

25. (Y)

26. (Z)

Notes:



Whether you have identified only 10 or all 26 locations, start now by detailing one of those locations by figuring out 10 “stations” within that location.

For example, in my Aberdeen Mall example, I would have:

- 1)Front entrance
- 2)Jewelry store
- 3)Book store
- 4)Escalator
- 5)Radio Shack
- 6)Food court entrance
- 7)Orange Julius
- 8)McDonald’s
- 9)Dairy Queen
- 10)Back exit

Notice here that I’ve constructed my path between all locations by obeying the following two principles:

- a) I do not cross my own path
- b) I do not trap myself along the way (and I have ensured that I can add ten more stations (I have the parking lot, the McDonald’s on the other side, the movie theatre, and then a number of stores I remember down the road leading to another shopping mall I can use later on if I choose). Always keep your options to extend each Memory Palace open.

Now you try:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

There are ***two*** very important principles when selecting your stations.

- 1) Never trap yourself
- 2) Never cross your own path

This means that when identifying your palaces, you should pick a starting location in a place that will allow you to move forward without running into barriers or dead-ends. For example, you would not want to start at the front entrance of your home and then end in the basement. This would prevent you from extending your Memory Palace. However, if you start in the basement, you can then move outside your home and then add new stations for as long as you would like.

In terms of not crossing your own path, we do this in order to avoid confusion. One of the main principles of this method is to avoid having to remember the order of your stations. If you cross and re-cross your own path, you can wind up having to spend too much time remembering which station comes next. Avoid this.

Here are some tips for creating and storing your Memory Palaces:

Although the point is to eventually be able to do everything in your mind, it is useful when starting out to write everything down. Even advanced memorizers like to keep records for the purposes of testing, forgoing them only during competition.

You can copy out the worksheets I've included at the end of this handout, or you can use an Excel file. I myself use Excel and create a separate file for each and every letter. This lets me easily list the individual stations in a top-to-bottom manner. But I also like to write out my material by hand from time to time because it helps build the mind in a different way. I also use handwriting to test myself, i.e. I write out the words I've memorized and only then look at the Excel file. I do not close my eyes with the file open or give myself any opportunity to peak at the next word. It's important to be disciplined and rigorous when testing.

Finally, if you find it useful, you can draw maps of the different locations. Some visual people benefit from doing taking this step. I myself have created drawings to help refresh my memory about how certain locations looked. You may also want to get in the habit of photographing places you've been in order to better build Memory Palaces if you are not a particularly visual person.

## **Blank A-Z Sheet**

1. (A)

2. (B)

3. (C)

4. (D)

5. (E)

6. (F)

7. (G)

8. (H)

9. (I)

10. (J)

11. (K)

12. (L)

13. (M)

14. (N)

15. (O)

16. (P)

17. (Q)

18. (R)

19. (S)

20. (T)

21. (U)

22. (V)

23. (W)

24. (X)

25. (Y)

26. (Z)

## Blank Station Sheets

Location for Letter A: \_\_\_\_\_

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Location for Letter B: \_\_\_\_\_

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Location for Letter C: \_\_\_\_\_

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Location for Letter D: \_\_\_\_\_

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Location for Letter E: \_\_\_\_\_

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Location for Letter F: \_\_\_\_\_

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Location for Letter G: \_\_\_\_\_

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Location for Letter H: \_\_\_\_\_

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Location for Letter I: \_\_\_\_\_

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Location for Letter J: \_\_\_\_\_

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Location for Letter K: \_\_\_\_\_

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Location for Letter L: \_\_\_\_\_

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Location for Letter M: \_\_\_\_\_

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Location for Letter N: \_\_\_\_\_

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Location for Letter O: \_\_\_\_\_

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Location for Letter P: \_\_\_\_\_

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Location for Letter Q: \_\_\_\_\_

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Location for Letter R: \_\_\_\_\_

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Location for Letter S: \_\_\_\_\_

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Location for Letter T: \_\_\_\_\_

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Location for Letter U: \_\_\_\_\_

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Location for Letter V: \_\_\_\_\_

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Location for Letter W: \_\_\_\_\_

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Location for Letter X: \_\_\_\_\_

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Location for Letter Y: \_\_\_\_\_

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Location for Letter Z: \_\_\_\_\_

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