

# 166: Supercharge Your Memory and Learning

## 10 Point Checklist

### Jonathan Levi

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Your memory palace is a huge part of accelerated learning."

**JONATHAN LEVI**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Recognize the power of chunking. Instead of digesting a bulk of information, break it down into three or four chunks.
- Practice connecting information into an existing memory. Hebb's Law states that neurons that wire together fire together. The more I wire it, the more it strengthens my memory.
- Participate in Jonathan's [5 Day Memory Mastery](#) and gain insight on memory palace technique.
- Utilize the power of an image. Research proves that our brains remember pictures better than anything else.
- Be consistent with using the memory palace technique followed by spaced repetition for greater retention.
- Stop thinking, saying and believing that I have a bad memory because I DON'T.
- Aim to remember as many names and faces as I can. A simple technique to use is to break down the names into component symbols and create visualizations. Dale Carnegie said, "Remember that the sweetest sound in any language is a person's name."
- Plan my learning ahead of time. Know why I'm learning what I'm learning.
- Get the most out of a book by practicing SQ3R: survey, question, read, review, revise. Then use [Read.Amazon.com](#), [Evernote Web Clipper](#), [Readwise.io](#) to easily import my book highlights and better review them.
- Check out Jonathan's [SuperLearner Academy](#) and [Memory.School](#) and become a super learner today.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/supercharge-your-memory-and-learning-with-jonathan-levi/>