

# ***YOUR FIRST MEMORY EXERCISE***

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# ***EXERCISE***

Read the following list of 20 words:

**Bed  
Apples  
Truck  
Hen  
Milk  
Phone  
Tree  
Prison  
Bird  
Bungalow  
Computer  
James Bond  
Race car  
Valley  
Elephant  
Egg  
Washing Machine  
Rocket  
Lamppost  
Spider Man**

Having read the above list of objects, what is your confidence level of being able to recite the list from your memory? Is it very difficult?

How much time you would want for memorising the above list so that you can recall the entire list in that same sequence?

**10mins? 30mins? A day?**

But if you use a technique, remembering a list of 20 words would be a two-minute job. Ready for it?

**Yes, just 2 minutes!**

Simply go through the narration below with all your concentration and attention. Try seeing all the happenings in your mind's eye, as clearly and as colorfully as possible. Do not use a pen or pencil. There is absolutely no need of writing any thing. Ready? Let us go...

**Create vivid pictures in your mind as you read the narration.**

Imagine a huge **bed**.

On the **bed**, there are many **apples**.

You throw an **apple** into a **truck**.

The **truck** is being driven by a **hen**.

The **hen** is drinking **milk**.

In the **milk**, there is a **phone** floating.

You press the button of the **phone** and out comes a **tree**.

On top of the **tree**, there is a **prison**.

In the **prison**, you find a **bird**.

The **bird** flies onto a **bungalow**.

The top of the **bungalow** is fitted a huge **computer**.

From the **computer**, you see **James Bond** jumping out.

**James Bond** starts driving a **race car**.

The **race car** jumps into a **valley**.

In the **valley**, there is a big **elephant**.

The **elephant** is crushing **eggs**.

You put the **eggs** in a **washing machine**.

On top of the **washing machine** is a **rocket**.

The **rocket** goes up and hits a **lamppost**.

From the **lamppost** is hanging the **Spider Man**!

If you have visualised the above clearly, you would be able to easily recall the list of 20 words in the same sequence. In order for you to take benefit from the exercise, you have to recall this.

Don't simply say, I know I can recall. Take the time and recall. The key to benefit from an exercise like this is to take action. Otherwise, you will never know, whether this worked or not.

Take a pen and a paper and write down the list recalling the words one by one from your memory. Do not look into the book. Then check up the list for accuracy.

Give one point for each right word you have written. Sequence is also very important. You will put a cross mark on an word which is in the wrong place and you will not score a point for it. For every right word, put a tick mark and you score a point for it.

## Recall Sheet



How did you score? Scoring 20 out of 20 should not be difficult, provided you have really focused on the task at hand and your visuals are good enough.

Now put the book aside for a while, and write answers to the following questions on sheet of paper.

1. How was the experience?
2. How do you rate the exercise – very difficult – difficult – neither difficult nor easy - easy – very easy?
3. Did this approach yield better result than your normal approach?
4. What are all the factors that must have helped you achieve the good result? Why do you think you were able to memorise a list of 20 words in just one reading and remember it so effectively?

Feeling a little adventurous? Try the following:

## **Recall the list in the reverse order.**

Yes, start from Spider Man and go right up to the bed.  
Can you do it? Try it and you will know! It's easy.