

“Nothing is ever really lost to us
as long as we *remember* it.”

L.M. MONTGOMERY

N A D O V I M®

The background of the entire image is a sunset or sunrise scene. Two silhouetted figures are walking away from the viewer on a grassy hill, holding hands. The sky is a gradient of blue, purple, and orange, with soft clouds. The horizon line is visible in the lower third of the image, with some dark silhouettes of trees on the right side.

BOOST YOUR MEMORY

The Loci Technique for Mega Memory

The Method of Loci originated from the time of the Roman Empire. Referred to as the 'memory palace,' the poet Simonides of Ceos was the first to recognize it as a potential memory recall method. After surviving a building collapse, Simonides identified the dead based off of where they had been sitting for dinner. He soon recognized the capability of this method.

Essentially, the Method of Loci is a memory technique that helps you organize and store information by using your spatial memory. It can also use these relevant spaces to engage your senses - helping you to remember items, names, etc. In fact, the more senses you engage in the spatial area, the more likely that you will be able to recall the information.

Your brain is the most precious resource you have.

Love it. Nourish it. Unleash it.

Place this card somewhere you will see it and use when needed.

stay sharp!

- Sean Nadovim

HOW TO USE IT

- Pick a place you are familiar with (e.g. bedroom).
- Connect each item/name/thing to that familiar place - be creative and vivid.
- For example, a grocery list where one of the items is dish soap. Picture going to your closet, opening the door and seeing a huge bottle of dish soap overflowing. Picture the color, scent, texture, etc. Now attach the next item to another area you are familiar with and continue this way.

Learn more at nadovim.com/tips