

Module 1: Introduction

- 1.1. Meet Yānjaa: Memory champion, memory expert and YouTuber
- 1.2. What you will learn from this course
- 1.3. The benefits of memory training. Can I really “get” a great memory?
- 1.4. Memory myth busting and what is actually possible with memory training
- 1.5. Let’s get started! What 5 minutes of memory training can do for you
- 1.6. Sleeping, eating, exercising, and meditating your way to a healthy memory

Module 2: Basic Principles Of Memorization

- 2.1. Know yourself and what you are already good at remembering
- 2.2. Unlocking creativity and the imagination to supercharge your memory
- 2.3. The #1 trick to remembering more and saying goodbye to rote learning
- 2.4. Making memorable associations to bring memories to life
- 2.5. The best ways, times, and places to train your mind
- 2.6. Memory Workshop: Activity I

Module 3: The Memory Palace A Fundamental Tool Of Memorizing

- 3.1. What is a memory palace and how can I get one?
- 3.2. Building your shiny new memory palace and using it for the first time
- 3.3. Cleaning, repairing, and building new memory palaces the right way
- 3.4. Memory palace do’s and don’ts
- 3.5. Memory Workshop: Activity II

Module 4: Practical Memory Techniques For Daily Life

- 4.1. Single-digit numbers and how to make them stick
- 4.2. Remembering passwords and other short numbers
- 4.3. Remembering longer numbers (passport, SSN, credit card numbers)
- 4.4. Where are my keys, wallet, and phone
- 4.5. How to never forget another birthday or special occasion

Module 5: Socializing Nice To Meet You, I Already Forgot You...

- 5.1. The power of remembering people's personal details
- 5.2. Never forget a face - and the name that goes with it!
- 5.3. Never forget a name - and the face that goes with it!
- 5.4. Memory party tricks to dazzle your friends
- 5.5. Memory Workshop: Activity III
- 5.6. Thank you and goodbye