

*Ron  
White's*

# Memory in A Month

Guide Book

## Memory in a Month

Welcome to a program that can change your life! My name is Ron White and I will be your guide through this program. When I created this course, I had been studying the art of memory training for almost a decade, and I will honestly share with you that it has changed my life.

This course is carefully designed to make an instant recall memory a habit. Make a sincere effort to complete this program in 30 consecutive days. If a day is missed, make that day up before proceeding to the next lesson. You are going to amaze yourself with what your memory is capable of.

Enjoy the journey and get ready to expand the horizons of what you thought was possible!!!

Sincerely,

Ron White

## Day 1

### Stages of positive changes:

1. **Rejection – we are creatures of habit and anything new is typically scoffed at.**
2. **The next stage is that you see how others can use it.**
3. **After the walls of resistance crumble, you say, “I think I will use it on a limited basis.”**
4. **The final stage is when you say, “How did I ever get along without it?”**

### After completing this program, you will fall into one of two categories:

1. **You will see the value in this program and implement it into your daily life. This may occur over a period of time or all at once.**
2. **You will see the value in this program, yet because of the changes that are required, you will fall back into the old method of no memory system.**

**Decide today that you are going to fall into the first category!**

**Decide that right now!**

Day 1

**SETTING YOUR GOALS**

<b><u>SKILL</u></b>	<b><u>CHECK</u></b>
1. The ability to give speeches without notes	_____
2. Recall names and faces	_____
3. Memorize key points in a chapter of a book	_____
4. Retain product knowledge	_____
5. Learn foreign languages	_____
6. Words and definitions	_____
7. Learning information for a class	_____
8. Retaining numbers	_____
9. Memorizing scripture	_____
10. Learning a sales presentation	_____
11. Recalling a “things to do” list	_____
12. Memorizing math formulas	_____
13. Learning memory games	_____
14. Memorizing poems	_____
15. Teaching study skills to your children	_____

Choose 5 of these that you would like to focus on. However, all of these skills are taught in this program and I encourage you to master each one. Do not skip around. Complete the course in the correct order.

**TEST A**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

**Grade yourself:**

**Number Correct:** \_\_\_\_\_

- 0-5     Average**
- 6-10    Above Average**
- 11-15   Great!**
- 16-20   Excellent!**

**TEST B**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

**Grade yourself:**

**Number Correct:** \_\_\_\_\_

**0-15    Need to understand association better**  
**16-20    Good Job!!**

### Day 3

#### Acronyms

The colors of the rainbow can be learned by memorizing the acronym Roy G. Biv.

Red  
Orange  
Yellow  
Green  
Blue  
Indigo  
Violet

The five Great Lakes can be learned by memorizing the acronym HOMES.

Huron  
Ontario  
Michigan  
Erie  
Superior

Geometry teachers will also teach you an acronym for learning sine, cosine and tangent.

#### SOH-COH-TOA

SOH Sine – opposite times hypotenuse  
COH Cosine – opposite times hypotenuse  
TOA Tangent – opposite times adjacent

Day 3

**Mount Rainier Story**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_

Number Correct: \_\_\_\_\_

**This method is called a chain of association or chain of visualization.**



## Day 4

**Structured memory training was developed over 2,500 years ago by the Romans so that they could give speeches without notes. The form of training that they developed is called Loci. This is a Latin word meaning “places.” The Romans discovered that there are three things you need to learn to recall anything.**

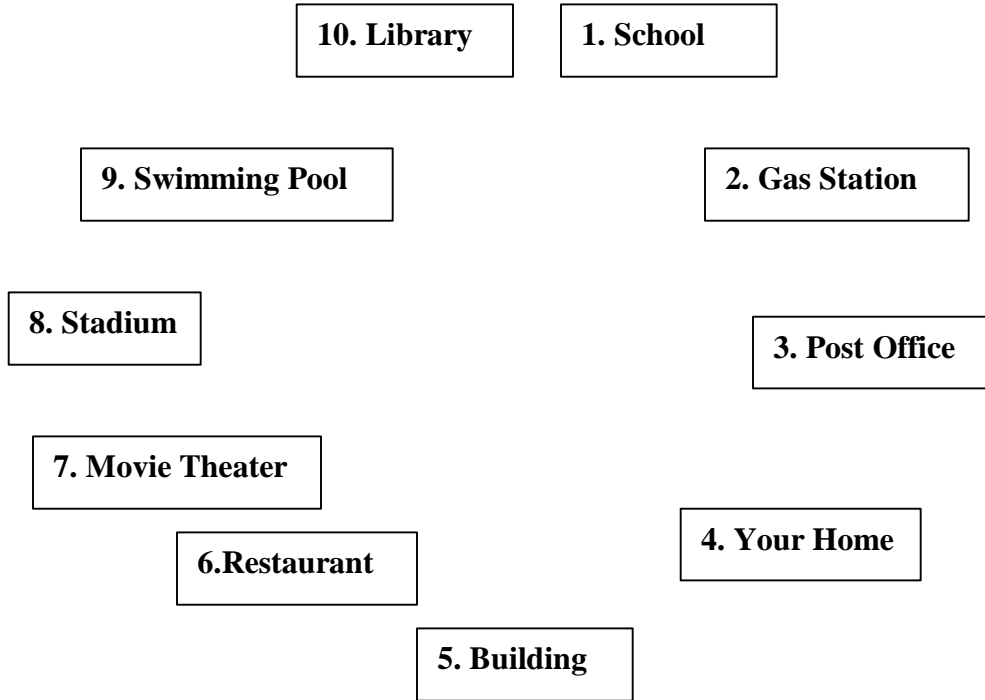
- 1. Location**
- 2. Code**
- 3. Action**

**Create your own city files in the space below (see next page for example).**

Day 4

**Example of City Files**

When creating your city files, choose items that are large. Make sure that these are places that you are familiar with and can visualize easily. Move in a logical order (clockwise/counterclockwise or north to South).



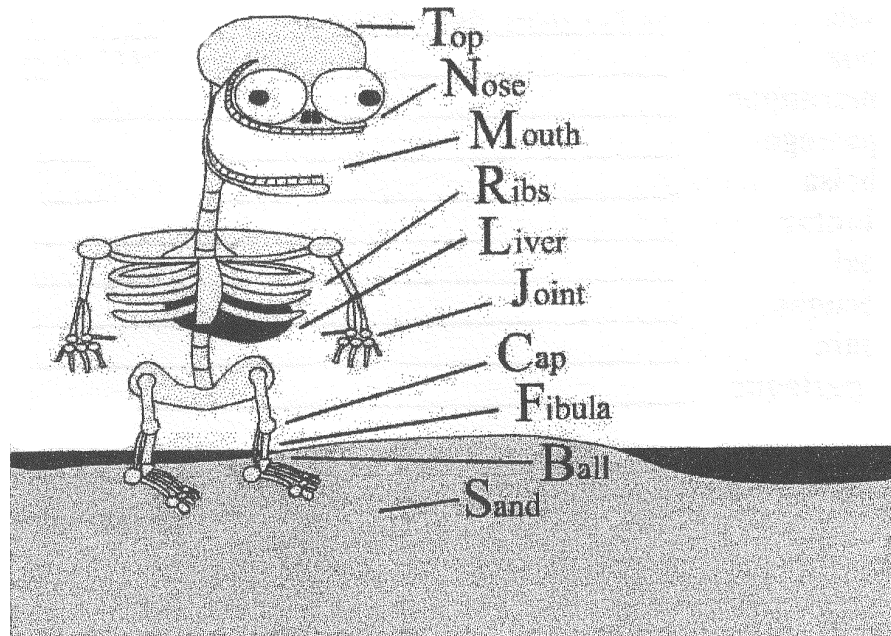
Day 4

**CITY TEST**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Number Correct: \_\_\_\_\_

Day 5



**It is very important to call each file by its assigned name. The reason for this will be revealed in a future lesson. You now have 10 files that you take with you everywhere you go...YOU!**

**Skeleton Test**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Number Correct:** \_\_\_\_\_

Day 6

**Review Day**

**Write out your Pencil List**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

**Write out your Skeleton Files**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Review your City Files**

**Pencil List Test**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Number Correct:** \_\_\_\_\_

Day 8

Volume Formula

Sphere =  $\frac{4}{3} \pi R^3$

Area

Parallelogram = BH

Circular Ring =  $2 \pi PW$

When recalling formulas, you must substitute a picture for the symbol.

Math Symbol

Sphere

=

$\pi$  (pi)

=

R (radius)

=

Parallelogram

=

B (base)

=

H (height)

=

Circular Ring

=

P (perimeter)

=

W (width)

=

Picture

Globe

Piece of Pie

Rat

Parallel Bars

Bumble bee

Hat

Ring

Pirate

Window

Regardless of your subject matter, you will find that certain symbols repeat. You only have to create a substitute picture the first time. Think of the stories you heard and write the math formulas below.

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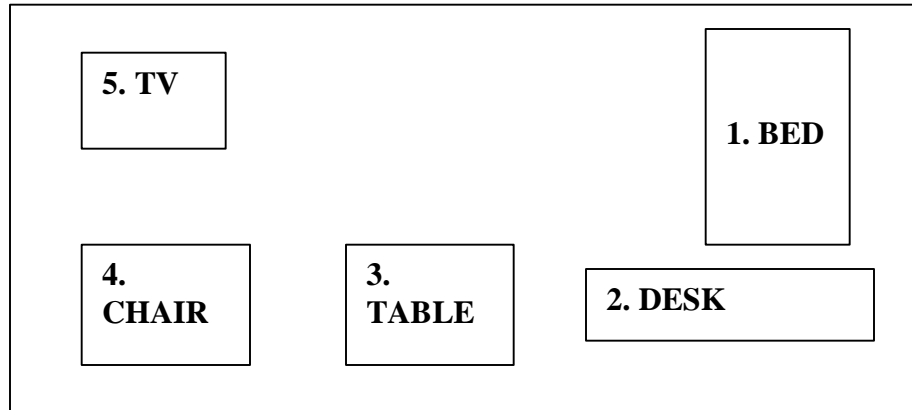


## **ROOM FILES**

Room files are some of the easiest and most effective file systems to use when recalling information. Almost everyone can visualize the rooms where they live. Most people can walk through their rooms with the lights off and not run into any furniture. Since we all know our rooms this well, this filing system is often the favorite of many students.

To best benefit from the room files, choose five rooms and five files in each room. If you do not have five rooms, choose five sections or even use objects outside as files. Spread the files out around the room and choose larger items over smaller items. Make sure that your files progress in a logical order.

Below is an example of how to create a room file. If this was your first room, this would be 1-5 and the next room would be 6-10 and so on.



## Day 9

**Diagram your house files on this page. Use the example on the previous page as a guide. This book shows you an example of what one room could look like. Make sure that you have 5 rooms and 5 files in each room for a total of 25 files.**

Day 10

**The Man in the Glass**

1. When you get what you want in your struggle for self
2. And the world makes you king for a day
3. Just go to a mirror and look at yourself
4. And see what that man has to say.
5. For it is not your father, your mother or your wife
6. Whose judgment upon you must pass.
7. But the fellows verdict who counts most in your life is the man
8. looking back from the glass.
9. Some people may say you are a square shooting chum
10. And call you a wonderful guy.
11. But the man in the glass says you're only a bum
12. If you can't look him straight in the eye.
13. He is the one to please, never mind the rest,
14. For he's with you clear up until the end.
15. And you will pass your most dangerous and difficult test
16. If the man in the glass is your friend.
17. You may fool the whole world down the pathway of years
18. And get pats on your back as you pass.
19. But your final reward will be heartache and tears
20. If you've cheated the man in the glass.

Day 10

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

**Number Correct:** \_\_\_\_\_

Day 11

To recall a sales presentation, we utilize the same techniques we have for everything.

- location
- code
- action

You must break a presentation down into several main ideas and then create pictures for those ideas. Remember that pictures are the code that your mind uses to store information. The last step is to file these pictures to a location in your mind, also called a file.

In this example, we are filing pictures to our skeleton files. Listen to the recorded program for today and then complete the following:

Skeleton File Test

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Number Correct: \_\_\_\_\_

Day 12

Today you will be utilizing your house files.

**Tips to keep in mind:**

- ✍ **5 rooms**
- ✍ **5 files in each room**
- ✍ **Big items, not small**
- ✍ **Move clockwise**
- ✍ **Use rooms to group information**
- ✍ **Great for product knowledge**
- ✍ **Close your eyes and visualize each room before you file a picture**

**Practice turning abstract words into pictures:**

**ABSTRACT**

**PICTURE**

1. **Freedom**
2. **Self Control**
3. **Fear**
4. **Security**
5. **Happiness**
6. **Time**
7. **Warmth**
8. **Hunger**
9. **Wealthy**
10. **Conservation**

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**TIME MANAGEMENT SPEECH**

**TEST A**

**WHAT PICTURE REPRESENTED**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Number Correct: \_\_\_\_\_

**Remember, never memorize a speech word for word. It will not sound natural. Instead, simply use brain triggers that will keep your speech moving. Then, turn those brain triggers into pictures and file them to your files. It is as easy as that!**

Day 14

Let's learn these words together:

- ✍ Saia
- ✍ Noz
- ✍ Morangoo
- ✍ Passego
- ✍ Bolsa
- ✍ Jantar
- ✍ Pai
- ✍ Peugas
- ✍ Pain
- ✍ Pasteque

After you have reviewed Day 14 of the recorded program, write the meaning of each word in the space provided.

1. Saia \_\_\_\_\_
2. Noz \_\_\_\_\_
3. Morangoo \_\_\_\_\_
4. Passego \_\_\_\_\_
5. Bolsa \_\_\_\_\_
6. Jantar \_\_\_\_\_
7. Pai \_\_\_\_\_
8. Peugas \_\_\_\_\_
9. Pain \_\_\_\_\_
10. Pasteque \_\_\_\_\_

Number Correct: \_\_\_\_\_



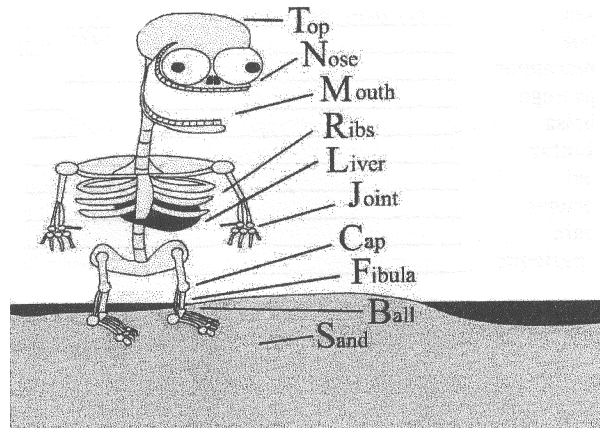
Day 15

**PHONICS**

Review of the basic ingredients:

- location
- code
- action

- 0= S, Z, SOFT C
- 1= T, D, TH
- 2= N
- 3= M
- 4= R
- 5= L
- 6= SH, J SOFT CH, SOFT G
- 7= K, HARD CH, HARD C, HARD G
- 8= F, V
- 9= P, B



Day 15

**PHONICS**

<b><u>Number</u></b>	<b><u>Phonetic Sound</u></b>	<b><u>Picture</u></b>
35	3 = M 5 = L	<u>MaLL</u>
72	7 = C 2 = N	<u>CaN</u>
59	5 = L 9 = P	<u>LaP</u>
25	2 = N 5 = L	<u>NaiL</u>

**Now you try:**

<b><u>Number</u></b>	<b><u>Phonetic Sound</u></b>	<b><u>Picture</u></b>
17	1 = _ 7 = _	_____
47	4 = _ 7 = _	_____
79	7 = _ 9 = _	_____
24	2 = _ 4 = _	_____
14	1 = _ 4 = _	_____
83	8 = _ 3 = _	_____
56	5 = _ 6 = _	_____
38	3 = _ 8 = _	_____
49	4 = _ 9 = _	_____
95	9 = _ 5 = _	_____
82	8 = _ 2 = _	_____
55	5 = _ 5 = _	_____
45	4 = _ 5 = _	_____
77	7 = _ 7 = _	_____
29	2 = _ 9 = _	_____

**City File Test**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Number Correct: \_\_\_\_\_

Turn the following numbers into pictures:

<b><u>Number</u></b>	<b><u>Phonetic Sound</u></b>	<b><u>Picture</u></b>
19	1 = _ 9 = _	_____
48	4 = _ 8 = _	_____
76	7 = _ 6 = _	_____
22	2 = _ 2 = _	_____
38	3 = _ 8 = _	_____
69	6 = _ 9 = _	_____
99	9 = _ 9 = _	_____
82	8 = _ 2 = _	_____

Day 17

<u>Picture</u>	<u>Phonetic Sound</u>		<u>Number</u>
Nail	N=2	L=5	25
Mall	M=3	L=5	35
Neck	N=2	K=7	27
Can	C=7	N=2	72
Fire	F=8	R=4	84
Pen	P=9	N=2	92
Light	L=5	T=1	51
Moon	M=3	N=2	32
Rash	R=4	SH=6	46
Pool	P=9	L=5	95

Zero is represented by the “suh” phonetic sound. It is actually 10 on the Skeleton Files; however, when turning numbers into pictures, we use “suh” to represent the number 0 (zero).

<u>Number</u>	<u>Phonetic Sound</u>	<u>Picture</u>
30	M=3 0=C (suh)	Mice
40	R=4 0=C (suh)	Rice
50	L=5 0=C (suh)	Lice
60	J=6 0=C (suh)	Juice
70	(kuh) C=7 0=C (suh)	Case
80	F=8 0=C (suh)	Face
90	B=9 0=C (suh)	Bus

Turn the following into pictures:

<u>Number</u>	<u>Picture</u>
26	_____
36	_____
44	_____
73	_____
61	_____

Day 18

**House Files Names List**

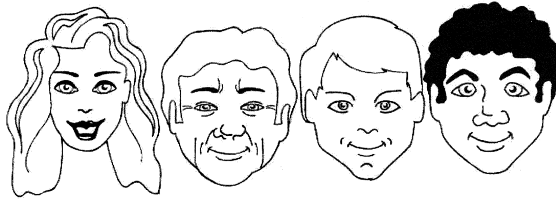
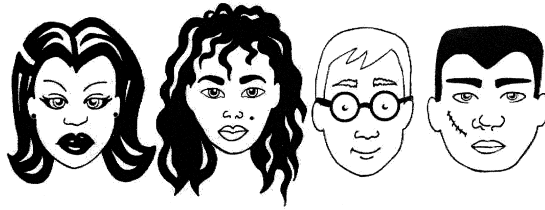
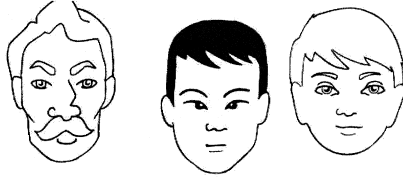
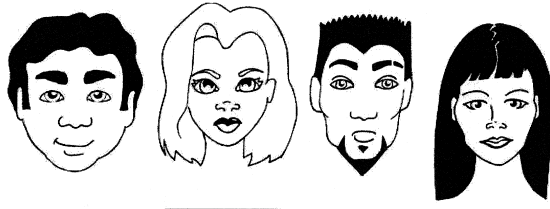
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Number Correct: \_\_\_\_\_

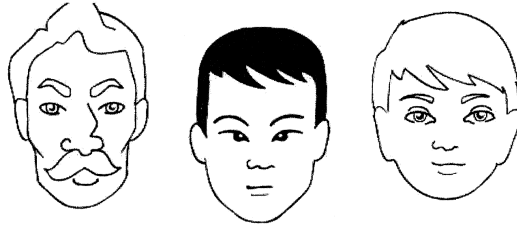
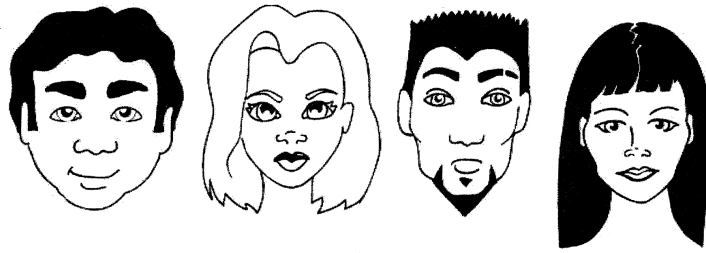
Turn the following names into pictures:

<u>Name</u>	<u>Picture</u>
Judy	_____
Janet	_____
Helen	_____
Shauna	_____
Sheena	_____
Jessica	_____
Tiffany	_____
Leslie	_____
Maxwell	_____
Orville	_____
Peter	_____
Shannon	_____

Day 19



Day 20



Day 20

Names Test

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Number Correct: \_\_\_\_\_

Turn the following last names into pictures:

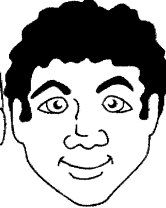
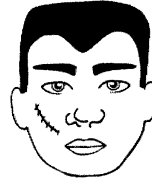
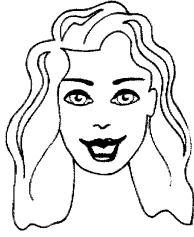
Name

Picture

Mangum	_____
Boles	_____
Jones	_____
Ruiz	_____
Rodriguez	_____
Monticello	_____
Ward	_____
Youngblood	_____
Whiteside	_____
Canseco	_____
Kapler	_____
Hernandez	_____
Mongomery	_____
Oates	_____



Day 21



Turn the following names into pictures:

Name

Picture

Name

Picture

Royce  
Clyde  
Ray  
Jose  
Tim  
Rafael

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Luis  
Gabe  
Theresa  
Cheryl  
Amanda  
Carol

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Day 22

See how many of the pictures for the months that you can recall.  
Go back and review if you have to.

<u>Month</u>	<u>Picture</u>
1. January	_____
2. February	_____
3. March	_____
4. April	_____
5. May	_____
6. June	_____
7. July	_____
8. August	_____
9. September	_____
10. October	_____
11. November	_____
12. December	_____

Number Correct: \_\_\_\_\_

Have someone give you 20 items and file them to your House Files today.



## MEMORY CHART

A1=ANTE	C1-CAT	E1=EAT	G1=GATE	I1=IT
A2=ANNIE	C2=CAN	E2=HEN	G2=GAIN	I2=INN
A3=AIM	C3=COMB	E3=HEM	G3=FEM	I3=HIM
A4=AIR	C4=CAR	E4=EAR	G4=GEAR	I4=ILL
A5=ALE	C5=CELL	E5=EEL	G5=GALE	I5=HILL
A6=ASH	C6=CASH	E6=ESH	G6=GASH	I6=ISH
A7=AGE	C7=COG	E7=EGG	G7=GAG	I7=HICK
A8=HAVE	C8=COUGH	E8=EVE	G8=GOOFY	I8=OF
A9=APE	C9=CAP	E0=EBB	G9=GUPPY	I9=ICE
A10=ACE	C1=-CASE	E10=HESS	G10=GAS	I10=ICE
B1=BAT	D1=DOT	F1=FAT	H1=HAT	J1=JET
B2=BONE	D2=DAWN	F2=FAN	H2=HEN	J2=JUNE
B3=BUM	D3=DOME	F3=FOAM	H3=HAM	J3=JAM
B4=BAR	D4=DOOR	F4=FIRE	H4=HAIR	J4=JAR
B5=BAIL	D5=DOLL	F5=FOUL	H5=HAIL	J5=JAIL
B6=BUSH	D6=DISH	F6=FISH	H6=HASH	J6=JOSH
B7=BACK	D7=DECK	F7=FOG	H7=HOG	J7=JACK
B8=BUFF	D8=DOVE	F8=FIFE	H8=HOOF	J8=JIFFY
B9=BIB	D9=DIP	F9=FIB	H9=HIP	J9=JAB
B10=BASE	D10=DICE	F10=FACE	H10=HOUSE	J10=JUICE

**Pencil Files**

1. Pencil
2. Sink
3. Circus
4. Track
5. Star
6. Bullet
7. Dice
8. Hour Glass
9. Baseball
10. Fingers
11. Goal Post
12. Eggs
13. Flag
14. Necklace
15. Paycheck
16. Car
17. Magazine
18. Soldier
19. Golf Clubs
20. Shotgun

**Skeleton File Test**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Number Correct: \_\_\_\_\_

**House File Test**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

Number Correct: \_\_\_\_\_

Day 26

**Practical Applications:**

- User your Skeleton Files for your “things to do” list today.
- When recalling directions, follow the basic concept:
  1. Make every right = rain
  2. Make every left – lamb

**Review Phonics:**

<u>Number</u>	<u>Phonetic Sound</u>	<u>Picture</u>
11	1= TUH 1= TUH	TOT
12	1= TUH 2= NUH	TIN
13	1= TUH 3= MUH	TIME
14	1= TUH 4= RUH	TIRE
15	1= TUH 5= LUH	TILE
16	1= TUH 6= SHUH	DISH
17	1= TUH 7= KUH	TACK
18	1= TUH 8= VUH	DOVE
19	1= TUH 9= PUH	TAPE
20	2= TUH 0= SUH	NOSE

Turn the following names into pictures:

<u>Name</u>	<u>Picture</u>
Kirsten	_____
Donovan	_____
Natalie	_____
Kelly	_____
Jacob	_____
Joseph	_____
Joshua	_____

Day 27

City File Test

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Number Correct: \_\_\_\_\_

Turn the following names into pictures:

<u>Name</u>	<u>Picture</u>
Bob	_____
Andy	_____
Carrie	_____
Todd	_____
Kaufman	_____
Muhammed	_____
Isaac	_____
Brenden	_____
Darren	_____
Patrick	_____



Day 28

**Review your Alphabet Files**

**A = AXE  
B = BICYCLE  
C = COMPUTER  
D = DRUM  
E = EAR  
F = FIRE  
G = GRASS  
H = HOUSE  
I = IGLOO  
J = JET  
K = KNIGHT  
L = LIGHT  
M = MOON**

**N = NET  
O = OCTOPUS  
P = PEN  
Q = QUILT  
R = RIVER  
S = SIGN  
T = TENT  
U = UMBRELLA  
V = VASE  
W = WINE  
X = X-RAY  
Y = YO YO  
Z = ZIPPER**

**Today, file your “things to do” list to your Skeleton Files.**

**Preamble to the Constitution**

**We the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this constitution for the United States of America.**

Turn these 10 phrases into pictures:

**PHRASE**

1. We the people of the United States
2. in order to form a more perfect union
3. establish justice
4. insure domestic tranquility
5. provide for the common defense
6. promote the general welfare
7. secure the blessings of liberty to ourselves and our posterity
8. do ordain and establish
9. this constitution
10. for the United States of America

**PICTURE**

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**File these pictures to your House Files. You have just memorized the Preamble to the Constitution...FORWARD, BACKWARD AND BY NUMBER!!**

## Day 30

**My friend, I have enjoyed this journey with you. I wish I could meet each of you and shake your hand. Perhaps, one day we will meet. This course has genuinely changed my life. I rely on this system daily to recall “things to do” lists, names, numbers, speeches and product knowledge. My prayer is that you find an area of your life that this course can impact.**

**There is nothing new that you need to learn about our system today. At this point in the program, you have all the skills that you need to be a memory superhero.**

**Go back and review this training periodically. If there is a day or area that you need more training in, go back and review it. The important thing is to make this system a habit. We make our habits and then our habits make US!**

**Congratulations!**

**Ron White**

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