

STELLAR *Life*

Hosted By *Orion*

Learning At Super Speed

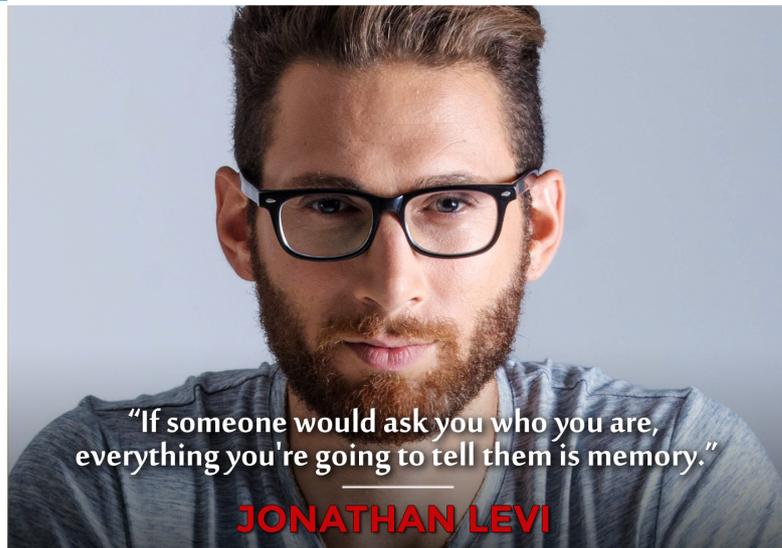
10 Point Checklist

Jonathan Levi

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"If someone would ask you who you are,
everything you're going to tell them is memory."

JONATHAN LEVI

10 STEPS YOU CAN TAKE TODAY

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

- Work smarter, not harder. Switch your mindset and focus on the things you love and which are worthy of your time.
- Your body language speaks volumes about your disposition in life. You can look and be successful just by simply sitting or standing up straight.
- Never stop learning and continuously seek out new knowledge and skills. There are many resources online that can help you reach your goals.
- Improve your memory for faster learning by remembering these three core things: visualization, connection with existing knowledge, and memory palace placement.
- Stay observant to what's happening in your surroundings. Pay attention to little details around you. Take a few seconds to look at another person's face when you get introduced. This will help you create a clear visualization of that memory.
- Create mnemonic connections to names, addresses, and numbers so that you can remember them easily. As Jonathan mentioned in the show, he pictures Orion having Orion's Belt on her forehead so that he wouldn't forget her name.
- Build a memory palace in your mind so that you can easily file things and quickly retrieve them. Picturing a house with rooms and associate each memory with a special place inside the house.
- Optimize your eye movement so that you can read faster. Making fewer movements with the eye will minimize the chances of you viewing the margins.
- Grab a copy of Jonathan Levi's book, *Become a SuperLearner* to learn about super fast reading and advanced memorization.
- Take Jonathan Levi's free 5-day memory challenge course that will help you improve your memory through proven neuroscientific principles.