


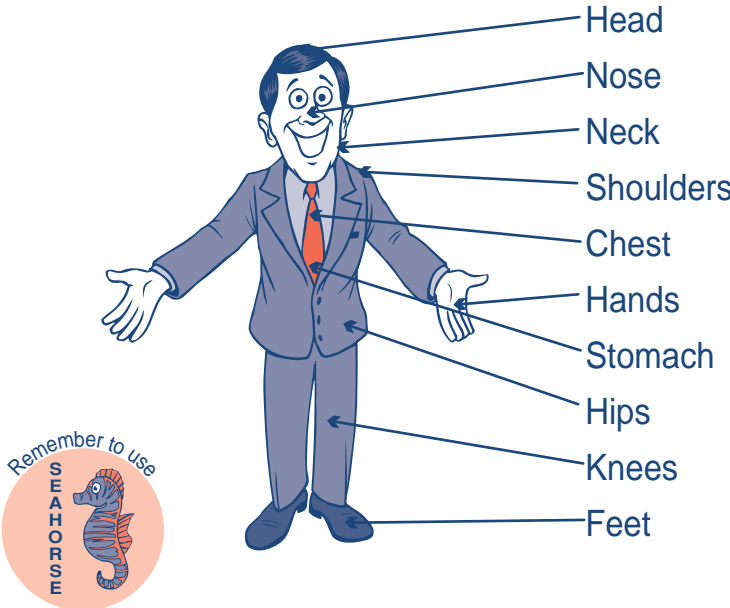
- INTRODUCTION
- WHAT YOU ALREADY DO
- LINK SYSTEM
- SEAHORSE PRINCIPLES
-  BODY SYSTEM
- NUMBER RHYME SYSTEM
- BANISHING STRESS
- BREAKS
- SUMMARY

The Body System

Have you ever written down a list of things you need to remember – and then discovered that you can't remember where you put the list?

Here is an easy technique that helps you to remember anything that you would normally put on a list - ie shopping lists, to-do lists, etc.

The body has a number of parts in set locations that can act as places (or hooks) to 'hang' objects in your imagination:

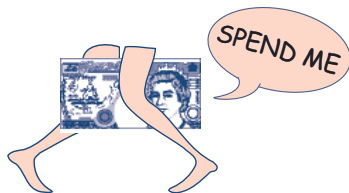


NOTE: This is a fabulous technique for remembering important points of a presentation.

For example, to remember the first three points in a presentation on money...

ON YOUR FEET:

A mortar board:
Explain trainer's background.



BETWEEN YOUR KNEES:

A giant five pound note talking:
Seminar title "Money Talks"

ON YOUR HIPS:

A Bull and a Bear:
Strategies for trading on the stock market.

