



HOW TO DEVELOP **A SUPER MEMORY**

MASTERCLASS WORKBOOK
WITH JIM KWIK

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session to improve your memory and ability to learn faster.
5. During the Masterclass, use the dedicated space on the right side to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

“If knowledge is power, learning is your superpower.”

- Jim Kwik

WHAT TO EXPECT

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PART 1: PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

If you wanted to learn any skill or subject faster or become a master in anything, whether it is Mandarin, music, martial arts or marketing, what would it be?

“It’s not how smart you are, but how are you smart.”

- Jim Kwik

PART 2

HOW TO DEVELOP A SUPER MEMORY AND LEARN LIKE A GENIUS

Follow along the Masterclass and fill in the blanks. You may use the column on the right to write additional notes.

Technique 1: Meta Learning

Before you learn anything you need to learn how to _____.

Knowledge is not only power, knowledge is _____.

There is no more important skill than your ability to _____, _____, and _____.

You're not paid for your muscle power, you're paid for your _____ power.

The biggest lie that we were all taught is that our intelligence, our potential, our power are _____.

_____ is the #1 business etiquette skill there is.

You can drastically improve your life if you expand your ability to _____.

Technique 2 : Morning Routine For Peak Brain Performance

First, we create our habits then, our habits create us back. The most successful individuals create _____ habits.

If you win the morning you can win the day. So, the first thing you need to do is to _____ your _____. Second, make the bed.

The other eight habits are:

- | | |
|----------------------------|---------------------|
| 3. Brush teeth with _____; | 7. _____; |
| 4. _____; | 8. _____ smoothie; |
| 5. _____ shower; | 9. _____; |
| 6. _____ tea; | 10. _____ practice. |

A full rounded life includes three things: meditation practice, exercise practice, but also optimising your _____ states.

Technique 3 : The 10 Keys To A Superbrain

Time for a fun exercise! Listen to Jim's explanation and write down the keys when he gives you the cue.

The 10 keys to a Superbrain are:

- | | |
|------------------------|-----------------|
| 1. A good _____; | 6. Clean _____; |
| 2. _____ ANTs; | 7. _____; |
| 3. _____; | 8. Brain _____; |
| 4. Brain _____; | 9. New _____; |
| 5. A _____ peer group; | 10. _____. |

How many did you remember the first time? Write the number here _____ .

How many did you get right after learning the technique? Write the number here _____ .

One of the keys to a greater memory is understanding the power of _____ and how _____ helps us store information.

Information + _____ = Long-Term Memory

**PART 2 OF YOUR GUIDE IS NOW OVER.
YOU MAY PUT THIS GUIDE ASIDE UNTIL THE END OF THE
MASTERCLASS.
ENJOY THE REST OF YOUR CLASS!**

PART 3: TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. Jim mentioned at the beginning of the Masterclass that we were all taught a lie. What is it?

2. *What is the #1 business etiquette skill?*

3. Jim taught you the 10 keys to a Superbrain. List down as many of them as you can remember.

1. A good _____;

2. _____ ANTs;

3. _____;

4. Brain _____;

5. A _____ peer group;

6. Clean _____;

7. _____;

8. Brain _____;

9. New _____;

10. _____.

4. What are two of the most costly words you can say?

5. What is the formula for Long-Term Memory?

6. What are the 3 practices that you need in order to have a full rounded life?

PART 4: EXERCISE

Follow the exercise and fill in the blanks for greater retention. Try Jim's "Be Suave" Technique for remembering names and be amazed at the results.

All you need to do to remember names is to say to yourself BE SUAVE.

The **B** stands for _____. You need to eliminate the _____ self talk.

The **E** stands for _____. Practice makes _____.

The **S** stands for _____. So, all you need is to _____ the person's name.

The **U** stands for _____ the name. _____ it in the context of the conversation.

The **A** is _____. When you meet someone for the first time you can _____ about their name.

The **V** stands for _____. Turn that name into a _____.

And finally, the **E** stands for _____. You need to _____ the conversation by _____ their name.

As a fun practice you can take the top names in your country and turn them into a _____.

PART 5: REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you woke up every morning and knew exactly what you needed to do to function at higher levels of productivity throughout the day?
2. What would it be worth to you if you could become so sharp in terms of your idea generation and your memory that immediately your performance at work goes up, your career starts raising, and your salary starts raising?
3. How would it feel to have greater brain health so you can reduce the odds of age-related diseases?
4. How would your relationships look like if you could remember names, faces, and facts with ease so that people remember you as the person that made them feel great?
5. What is the one thing you can do right now to demonstrate you are dedicated to elevating your memory and ability to learn faster?

THANK YOU for joining Jim Kwik's Masterclass!



To take your learning to the next level please visit <http://go.mindvalley.com/SuperbrainQuest> for info on Jim's remarkable program to unleash your brain from all limitations.

PART 6: TESTIMONIALS & STUDENT STORIES

"Jim's training is incredible."



"Jim's training is incredible. I read faster because of Jim. I have a better memory because of him. LOVE his stuff. Get his course. It will change your life in ways you cannot imagine."

~ Brendon Burchard

Personal Development and Marketing Trainer, New York Times Bestselling Author

"Jim makes it easy, fast, and efficient."



"Jim makes it easy, fast, and efficient. So then you can say to yourself, I can learn anything that I need to learn!"

~ Brian Tracy

Chairman of Brian Tracy International, Bestselling Author

"There is no one that I trust more than Jim."



"There is no one that I trust more than Jim Kwik and his programs to optimize brain functioning."

~ Dr. Daniel Amen

New York Times Bestselling Author, "Change Your Brain, Change Your Life"

"The ability to learn quickly is a powerful competitive advantage in business."



"Jim's superpower is learning. The ability to learn quickly is a distinct and powerful competitive advantage in business. It enables all success in a fast paced, fast changing world."

~ *Forbes*

"Real thanks to Jim Kwik and the whole team for the minds that they are creating."



"Real thanks to Jim Kwik and the whole team for the minds that they are creating, how they are empowering people to change the world and commit to making this a better planet."

~ Peter Diamandis

CEO of XPRIZE & Chairman Of Singularity University

"I have learned so much about how to learn!"



"What a great Quest! Jim is such a great teacher I have learned so much about how to learn! People have always said I have such a great memory however I was using more memory very outdated way to learn and now this is a total upgrade. I highly recommend this course to anyone who would like to learn how to learn!"

~Ronnie Baird, New Mexico, USA

"Superbrain was definitely worth the investment."



"I loved Jim's Superbrain Quest [...] I am approaching fifty and wanted to improve my memory. Being a Professional Coach, I want to give speeches without notes, I want to read faster so I can read all the books on my list, I want to remember names when I walk into events or when I'm doing a workshop. These things are important to me and with Jim's Quest I have been able to implement his techniques. Superbrain was definitely worth the investment."

~Jennifer Remland Alembik
Professional Life Coach, USA

"My kids loved it."



"My kids loved it. Hope that they could use the skills and knowledge gained and be their best self"

~Husaini Ujang, Malaysia

"I'm proud of being part of Jim's Quest."



"I'm still proud of being part of Jim's Quest and my memory improvements help me quite a lot. I rarely forget to "write" people's name in their forehead, or to "fix" lists in my body, like innumerable post-it. The morning routine is part of my life, even if I've changed hard working out with hard dancingI've learnt how to think different. Thanks a lot for the unforgettable experience you shared with us!"

~Cristiana Strepparola, Italy

For more details on the **Superbrain** Quest, visit:
<http://go.mindvalley.com/SuperbrainQuest>