

Unlimited Memory

by Kevin Horsley

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Try the SEE Method Right Now**

Pick one thing you need to remember. Apply all three SEE layers: create a vivid sensory image, make it absurdly exaggerated, and attach a strong emotion. Encode it once this way and test recall in 24 hours.

MON TUE WED THU FRI SAT SUN

⁰² **Build a Memory Palace in 15 Minutes**

Walk through your home and identify 10 distinct locations in order. Assign one item per location to something you want to remember. Take a mental walk through the palace. Notice how naturally you recall each item.

MON TUE WED THU FRI SAT SUN

⁰³ **Learn 10 New Words with Images**

Pick 10 vocabulary words or names you have been struggling to remember. For each, create a vivid image using the word's sound. No abstract associations - only concrete, visual, absurd images that lock in the sound and meaning.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Run the CARS Self-Audit**

Rate yourself 1-10 on each CARS dimension: Concentration, Attitude, Repetition, System. Improve the lowest score first. One targeted improvement in your weakest area compounds across every learning session you do.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Create an Association Chain**

To remember a 5-item list, build a chain: item 1 connects dramatically to item 2, item 2 to item 3, and so on. Make each connection surprising or absurd. The chain itself becomes the retrieval path.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Set Up Your 24-Hour Review**

After any important learning session, schedule a 5-minute review 24 hours later, then 7 days, then 30 days. Without spaced repetition, 80% of new information disappears within 48 hours. With it, retention becomes near-permanent.