

Dynamic Memory Workshop

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Techniques for Memorizing

1. Linking method / Story method
2. Memory Palace Method
3. Peg Method

Rules of Memory - ICU

1. Imagination/ Visualization
2. Connection / Association
3. Unrealistic / Out of Ordinary

How to Memorize Numbers

A brief summary of the Peg System

1. Numbers are very difficult to memorize because you can't turn them into images.
2. To create an image from the number we use a different method called peg system/Major system.
3. The basis of this method is it gives a pre-defined phonetic sound to each number. This predefined sound is fixed. You have to memorize these sounds.
4. I have listed these sounds for your reference and I have also shared Mnemonics to simplify the process of memorizing them.
5. Once you have memorized these sounds, you can use these sounds to create images for any number you wish.
6. It would be more beneficial if you memorize the images for the first 100 numbers. I have listed out images for the first 100 numbers. You can create your own images once you memorize the sounds.

Assigned Sounds

Numeral	Associated Consonants	Mnemonic
0	s, z, soft c	"z" is the first letter of zero. The other letters have a similar sound.
1	t, d	t & d have one down stroke and sound similar (some variant systems include "th")
2	n	n has two down strokes
3	m	M has three down strokes and looks like a "3" on its side
4	r	last letter of four, also 4 and R are almost mirror images of each other
5	l	L is the Roman Numeral for 50
6	j, sh, soft g, soft "ch"	a script j has a lower loop / g is almost a 6 rotated
7	k, hard c, hard g, hard "ch", q, qu	capital K "contains" two sevens (some variant systems include "ng")
8	f, v	script f resembles a figure-8. V sounds similar. (v is a voiced f)
9	p, b	p is a mirror-image 9. b sounds similar and resembles a 9 rolled around
Unassigned	Vowel sounds, w,h,y,x	These can be used anywhere without changing a word's number value

- Consonants get substituted by the table.
- Vowels and the letters w, h, y and x have no value
- Double letters are considered as one letter. So *TT* equals 1 and NOT 11.

Suggested 1 -100 Peg Images (Replace it with your images if you can think of something better)

1.	tie	26.	notch	51. light	76.	cage
2.	Noah	27.	neck	52. lion	77.	coke
3.	ma	28.	knife	53. loom	78.	cave
4.	rye	29.	knob	54. lorry	79.	cap
5.	law	30.	mice	55. lily	80.	fuse
6.	shoe	31.	mat	56. leech	81.	fight
7.	cow	32.	moon	57. log	82.	phone
8.	Fee	33.	mummy	58. lava	83.	foam
9.	bee	34.	mower	59. lip	84.	fur
10.	toes	35.	Mall	60. cheese	85.	file
11.	tot	36.	match	61. sheet	86.	fish
12.	tin	37.	mic	62. chain	87.	fog
13.	tomb	38.	movie	63. Jam	88.	fifa
14.	tyre	39.	mop	64. chair	89.	fob
15.	towel	40.	rose	65. jail	90.	bus
16.	dish	41.	rod	66. choo choo	91.	bat
17.	Dog	42.	rain	67. chalk	92.	bone
18.	dove	43.	ram	68. chef	93.	bum
19.	tub	44.	rower	69. ship	94.	bear
20.	nose	45.	rail	70. case	95.	bell
21.	net	46.	rj	71. cot	96.	beach
22.	nun	47.	rock	72. coin	97.	book
23.	Neem	48.	roof	73. comb	98.	puff
24.	Nero	49.	rope	74. car	99.	pipe
25.	nail	50.	lace	75. coal	100.	Disease /thesis