

# Moonwalking with Einstein

by Joshua Foer

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

<sup>01</sup> **Build a five-stop palace**         
Choose a familiar route through your home. Mark five fixed locations in order, then place one vivid image at each stop.

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<sup>02</sup> **Translate one abstract list**         
Take tomorrow priorities and turn each item into a concrete, strange object before placing it on the route.

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<sup>03</sup> **Make images sensory**         
Add motion, color, smell, sound, or scale to every mental picture so it becomes harder to ignore.

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<sup>04</sup> **Walk the route backward**         
After recalling forward, reverse the path. Weak scenes reveal themselves quickly and can be repaired.

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<sup>05</sup> **Retire palaces after use**         
Avoid clutter by using one route for one temporary list, then clearing it before the next memorization session.