

Exercise: Ribbing's Bike

<http://www.GrandMasterOfMemory.com> – Your way to master memory and focus!



“Ribbing’s Bicycle” will help you to always be able to keep 10 important things in your head. We’ll start out the practice by remembering your plans for the day, but soon you’ll be able to use it to plan an important meeting, presentation or quickly store what you pick up from a conversation. This exercise will also serve as a great preparation for more advanced memory training, as well as give you definite proof of practical results.

We’re going to memorize a to-do list with ten entries. Just reading this exercise won’t be enough. You’re going to have to actively use your brain. Read through the example to-do list, and memorize the entries by following the instructions. After you’ve read each instruction, you should pause and spend a few seconds just visualizing the things the description tells you to. *Always keep your eyes open when you’re visualizing.* When you’ve done this exercise, you’ll be able to use “Ribbing’s Bike” every day, to remember the ten things you can’t forget to do that day.

To-Do List:

- Bring an important binder to work.
- Read and evaluate a report.
- Install virus protection software on your computer.
- Book a holiday.
- Plan an upcoming meeting.
- Call the plumber.
- Go grocery shopping.
- Change a tire on your car.
- Buy a bunch of flowers for a special someone.
- Charge your cell phone.

Do this:

1. Visualize a familiar bicycle in front of you, seen from the side. The handle bars are on the left, and the luggage rack is on the right. This will be our *supporting image*. A supporting image doesn’t contain any information in itself, but we need it to organize the list entries that we’re going to memorize, just like you use a binder to organize loose sheets of paper.
2. Focus completely on the front wheel, and put a ring binder on the tire, at the very front of the wheel. Try to see it as clearly as possible, and place the front

and back covers of the ring binder on each side of the wheel, as though you'd cycled right into it.

3. Now, shift your focus to the spokes, to the left of the hub. We'll use a stack of papers to represent the report. Push them in between the spokes.
4. Now look at the hub, at the center of the wheel. Feel free to zoom in on the wheel, so that you can see the hub as clearly as possible. Let's balance a laptop on top of it. Note that we are "writing" from left to right across our support image, just as we would if we were writing text.
5. Move your attention to the handlebars. Stick an umbrella drink under the handbrake.
6. We'll use an office chair to remind us of your meeting. Imagine that you've balanced it right on top of the handlebars.
7. To help us remember to call the plumber, we'll squeeze a monkey wrench onto the middle of the bicycle frame.
8. Now, let's move on to the saddle, and put a bulging grocery bag on it.
9. Move your gaze straight down, to the pedals. See a large car tire on top of one of them.
10. Next, we'll strap a large bunch of flowers to the luggage rack.
11. And finally, let's zoom in on the taillight, and place a phone charger on top of it.
12. That completes the memorization. Look through these images on your visualized bike one more time, just to make sure you remember them all. If you've forgotten any of them, repeat the visualization for the list entries in question.

Now, at any point during the day, you'll be able to "read" all of the list entries in sequence, even in reverse if you should need to. Tomorrow, you can make your own to do list by simply "overwriting" the previous images. The old images will be erased from your memory in time. Always use the same locations on the bike, and come up with your own images to symbolize your list entries. All the images need to do is give you a clue, and you'll be able to remember the exact entries on your list. The memorization and recall of the images will happen a little faster each day that you use "Ribbing's bike".

Extra training:

- Use this exercise when you go shopping, instead of writing a shopping list.
- Make it a goal of yours to do this exercise every day for four consecutive days, and you will be able to master the exercise for use in many daily situations.