

# BETTER GRADES IN LESS TIME!™

## FOUR STEPS OF THE READING EXERCISE

1. FULL COMP. FROM BEGINNING
2. 2 X SPEED FROM BEGINNING
3. 3 X SPEED FROM BEGINNING
4. FULL COMP. FROM WHERE YOU LEFT OFF  
(PRACTICE 15MIN TO 30 MIN/DAY ON NOVELS.)

## FOR MORE ENERGY AND FOCUS

TAKE BREAKS!

GET YOUR BLOOD FLOWING!

FOOD FOR THOUGHT - FRUIT!

JUST FRUIT UNTIL NOON = MORE FOCUS AND ENERGY!

AVOID: SUGAR, TURKEY, CAFFEINE, LARGE MEALS, HIGH CARBOHYDRATE MEALS.

LIGHTER MEAL = MORE ENERGY.

POWER NAPS: 20 MINUTES OR LESS.

SLEEP - BIGGEST FACTOR AFFECTING CONCENTRATION AND MEMORY! GET 8 HRS.

10 DAY CHALLENGE: 8 HRS SLEEP & WAKE UP AT THE SAME TIME EACH DAY.

## MEMORY

WE FORGET 50% - 1HR.

WE FORGET 80% - 3 DAYS

INCREASE RETENTION 30% - BY TAKING NOTES!

INCREASE RETENTION 40% - WITH VISUALS!

WHEN STUDYING, COVER NOTES AND RECALL INFORMATION. RECALLING CORRECTLY INCREASES RETENTION TENFOLD!

MORNINGS AND NIGHTS - BEST TIME TO MEMORIZE.

## MAKE USE OF WASTED TIME

INDEX CARDS - REVIEW IN THE CAR, ON LINES, BETWEEN CLASSES.

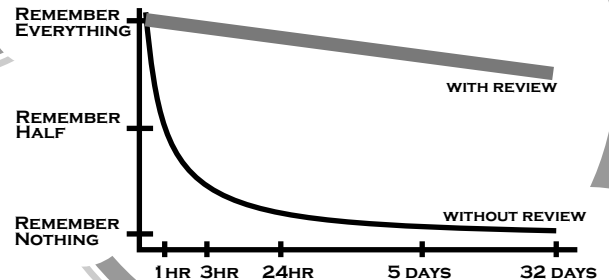
GET PAID TO STUDY - FIND A JOB WHERE YOU CAN STUDY DURING SLOW TIMES.

REVIEW NOTES AS PEOPLE ARE ENTERING AND LEAVING CLASS

## KNOWLEDGE IS NOT POWER

IT'S POTENTIAL POWER. TAKING ACTION ON KNOWLEDGE IS POWER!

## REVIEW WITHIN FIVE HOURS



"WHEN YOU PUSH YOURSELF, YOU FIND OUT THE DIFFERENCE BETWEEN THE RESULTS YOU'RE PRODUCING AND WHAT YOU'RE TRULY CAPABLE OF."

- GARY



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