

DECK OF CARDS CHALLENGE INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Set Up

- Shuffle the deck thoroughly and set a timer.
- Begin memorizing the order of cards using a chosen mnemonic method (Major System, Method of Loci, or visual storytelling). For example, assign each card a character or image — Ace of Hearts could be an athlete, Queen of Spades a scientist, etc.
- When ready, recite or write down the entire sequence in order. Check accuracy and note your completion time.
- Record your score on the leaderboard. Compete with yourself or others to improve both speed and precision.
- With practice, aim to reduce your memorization time and recall errors over multiple rounds.

02 Masterclasses

- Remember Names and Faces
- The Attention Architect: Design The Day for Deep Work
- The Sprint Mindset: Managing Cognitive Energy

03 More Tools

- The Major System Peg List
- The Story Chain Notepad
- Digit Catch