





THE POWER OF FORGETTING

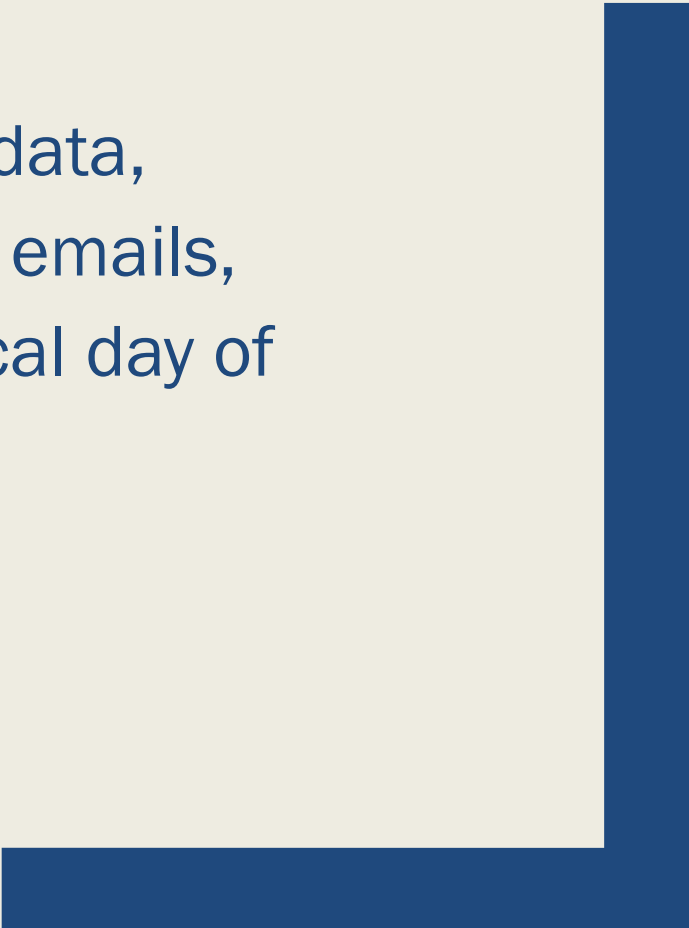
BBC Think Club & Adventure Tours Of The Mind
w/ BBC Founding Thinkologist Bill Ruddick

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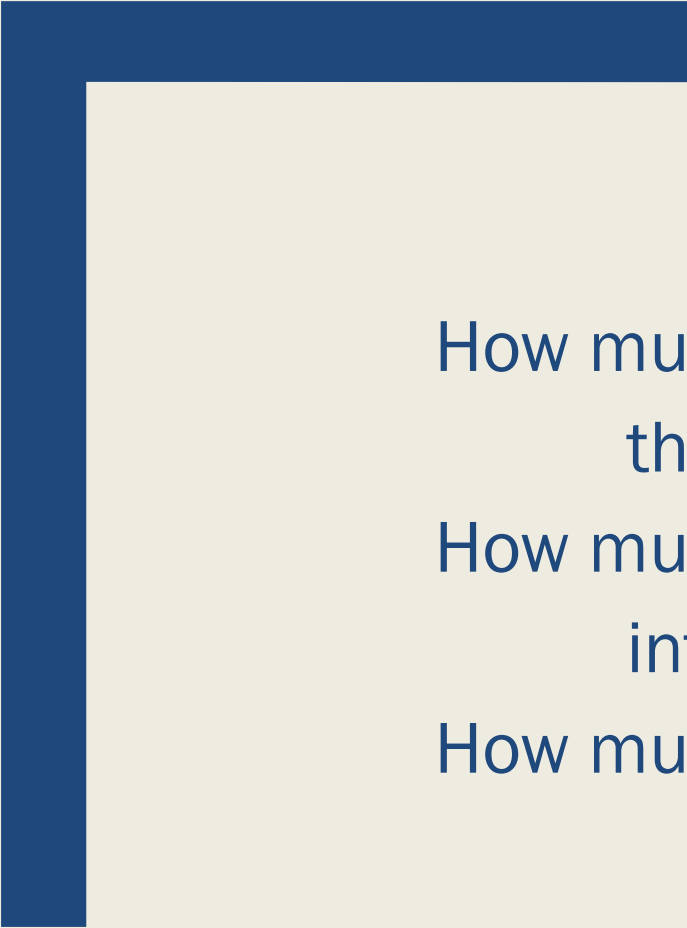




We are bombarded by information, data, facts, “maybe facts,” news, rumors, emails, text messages, changes, etc. A typical day of one person going to work can be:







How much data were you exposed to during
this *one* day?

How much of your time was wasted on
interruptions?

How much do you need to remember?





HOW MUCH SHOULD YOU JUST FORGET?

THE MIND NEEDS TO WORK ON SIX SKILLS

1. Focus – stay in the moment
2. Concentration – stay on task
3. Increase mental capacity – make associations
4. Thinking outside the box – try a different thought process (creativity)
5. Organization – organize space, data, thoughts
6. Forgetting – what is important and what is not?



How are you handling this deluge of information and remembering?

What's important?

What's not?

How do you figure that out?

What's your triage method?





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Recommended Reading

The Power of Forgetting: Six Essential Skills to Clear Out Brain Clutter and Become the Sharpest, Smartest You

by Mike Byster, w/ Kristin Loberg, Brainetics LLC, 2014

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THE POWER OF FORGETTING

Six Essential Skills to Clear
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MIKE BYSTER with KRISTIN LOBERG

Creator of the Award-Winning Math and Memory System Brainetics



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