

HOW DOES MUSCLE MEMORY WORK?		
What is it	What to do	It feels like
1. LEARNING NEW information	THINKING & UNDERSTANDING about all the details and how all works.	→ 'AT THE FRONT' of the brain
2. PRACTICING EXISTING information	APPLYING & PRACTICING by repetition every detail making it AUTOMATIC .	→ 'IN THE MIDDLE' of the brain
3. CREATING A HABIT	PERFORMING in a MUSCLE MEMORY 'mode' – trying not to control all the details, letting them to work in 'AUTOMATIC' mode instead so they become a habit.	→ 'AT THE BACK' of the brain

HAVE YOU LEARNED IT	Action Words / Task
1. LEARN NEW information	1. 'FRONT' BRAIN 2. THINK & UNDERSTAND
2. PRACTISE EXISTING information	1. 'MIDDLE' BRAIN 2. APPLY / PRACTISE / REPEAT
3. CREATE A HABIT	1. 'BACK' BRAIN 2. MUSCLE MEMORY & HABIT

REMEMBER
THE DETAIL
THE ACTION
THE FEELING