

# 016: Shaping Ideas and Remembering Experiences Through Sketchnotes

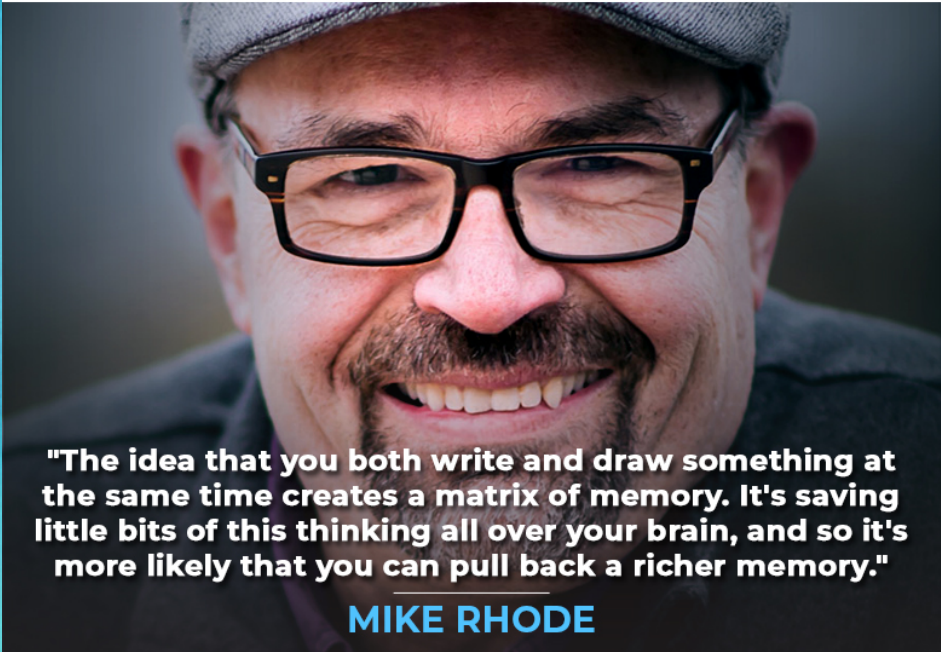
## 10 Point Checklist

**Mike Rohde**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A close-up portrait of Mike Rohde, a man with a beard and glasses, wearing a grey cap and smiling.

**"The idea that you both write and draw something at the same time creates a matrix of memory. It's saving little bits of this thinking all over your brain, and so it's more likely that you can pull back a richer memory."**

**MIKE RHODE**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Buy a small notebook and pen, and start carrying it wherever you go.
- Re-familiarize yourself with drawing shapes, doodles, and other elements besides text – you can use these to express your ideas.
- To begin, try sketchnoting in a situation where you take notes like a work meeting, a class, or a conference.
- Only write down the things that are valuable to you – analyze them as you hear them. Don't write for the sake of writing every single detail.
- Emphasize the important tasks with bolding, big print, or a model.
- Use sketchnotes for ideation and idea organization – use a little icon for each type of idea, and then emphasize the important ideas or concepts.
- Bring along a notebook to your travels! Take simple notes during the day, and then sit down and break it down at the end of the day into sketchnotes.
- Start taking down an “engineer’s log” of your day-to-day life, this may work better for you instead of reflecting at the end of the day.
- To fuel creativity, look for unusual things in your everyday actions, like what’s interesting about your walk to your parked car? Make a note of it.
- Get involved in the Sketchnote Community! Check out [SketchnoteArmy.com](https://www.getyourselfoptimized.com/shaping-ideas-and-remembering-experiences-through-sketchnotes-mike-rohde/) and see how some business professionals organize their thoughts with sketchnotes.

To view the transcript, resource links and listen to the podcast, visit:

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