

StairSteady Tips to help your memory:



- 1. Do It Now** - This is probably the most important memory enhancement technique. If you act immediately, you have no need to remember.
- 2. Write it Down** - Write notes, make lists and construct timelines.
- 3. Visualize** - Form a picture in your mind. Use your imagination to add humour, action or exaggeration.
- 4. Create Rhymes and Tunes** - Use rhyming words or create new words for familiar tunes to help you remember tasks, sequences, dates and facts.
- 5. Make Up Stories** - Link items together in your mind by putting them in story forms.
- 6. Develop Acronyms** - Using the first letter of each item you want to remember, create an acronym or funny phrase such as KISS (Keep It Simple Silly).
- 7. Make Associations** - Relate new information to something you already know.
- 8. Group Like Items Together** - Organize your mind like a grocery or department store, with similar items or categories all in the same aisle.
- 9. Divide and Conquer** - When learning something new, break up the subject into manageable sections and concentrate on one section at a time.
- 10. Retrace Your Steps Mentally** - to retrieve a thought, remember where you left your coffee cup, remind yourself what you were looking for or recall what you wanted to do next.