

212° CAREERS

Leadership and Career Coaching
One Degree Better

SPECIAL
REPORT



BOOST YOUR MEMORY



This report includes **nine powerful tips** and **three actionable steps** you can take immediately.

It also includes a list of **suggested readings** for even more information.

TOP TIPS

"I bought a book on improving my memory, but I can't remember where I laid it." This humorous quip, often told by comedians, highlights a timeless challenge: our struggles with our memory. Interested in keeping your memory sharp? Here are a few tips to help.

1. Use the FDR Technique

Franklin D. Roosevelt was the 32nd US president. He was famously known for remembering people's names after just hearing the names once. What was his trick? The first time he heard a person's name, he would look them in the face, and in his mind's eye, he would see himself writing their name on their forehead. If you want to remember names better, this is a can't-miss practice.

2. Use as Many Senses as Possible

This is called multi-coding. The more senses you can get involved in recording a memory, the better. If you want to remember something, recognize what you can smell, see, hear, feel, and taste about the experience.

3. Create and Fill Your Memory Palace

Create an imaginary palace in your mind with several rooms. When you want to remember something, you close your eyes and see yourself walking into a specific room and placing your memory there. Then you leave, shut the door to that room, and walk out of the memory palace and back into reality. You can always add more rooms to store more memories. When you need to recall something, you return to the memory palace, and the memory awaits you.

4. Test Yourself Frequently

Throughout the day, test your memory. Take a quick look around your environment and then close your eyes. What can you remember and describe about your surroundings? Open your eyes. How did you do? Testing yourself frequently like this causes you to pay more attention to what's happening in your life.

5. Develop Routines

Always put your car keys in the same place. Establish step-by-step processes. Do the same things at the same times each day. Establishing routines is a simple way to improve your mind's ability to remember information.

6. Eat More Brain Boosting Food

Start eating more berries, cabbage, broccoli, cauliflower, dark chocolate, and turmeric. Add more salmon, eggs, whole grains, beans, nuts, and extra-virgin olive oil to your diet. Drink green tea and coffee. These foods and beverages are well known for improving your memory and cognition.

7. Get Plenty of Rest

Adults need seven to nine hours of sleep every night. Regularly getting enough sleep is a simple method for improving your overall health and wellness, as well as your memory and recall.

8. Start Writing Things Down

This is why to-do lists work so well to help you get stuff done. By the way, you should do this the old school method, by taking pen in hand. You tell your mind that something is important when you write it down with pen and paper. Even if you do this just to read it to yourself and then discard it, you will find your memory and recall improving.

9. Finally, Remember MOM

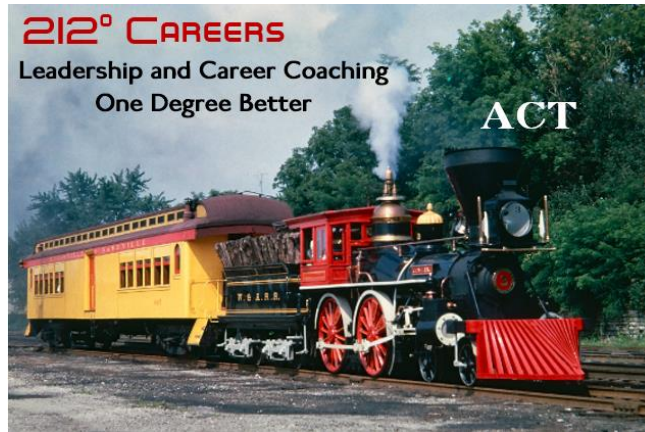
MOM is a memory-boosting acronym for **Motivate, Observe, and Method**. Here's how it works.

Motivate yourself to remember something. Consider why a name, experience, or bit of information is important to remember. Give yourself a big reason to remember.

Observe the moment. Be in the present. You can't be halfway in your current reality if you want to remember what you are experiencing.

Method is important. After cranking up your motivation and consciously observing what you want to remember, choose one of the other methods on this list. Combining motivation with observation and a proven memory-enhancing method will greatly improve your recall.

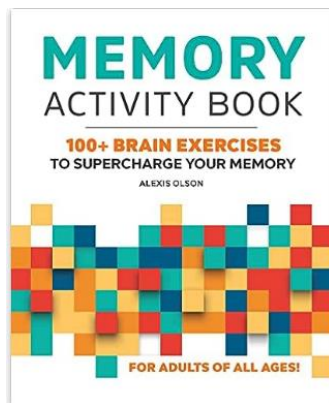
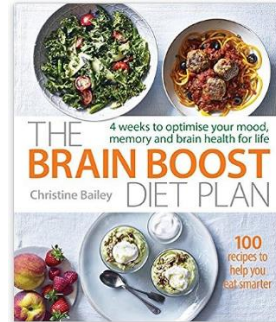
FAST-ACTION STEPS



1. Carry a notepad and pen with you everywhere you go. Start writing down things you want to remember. Make a habit of doing this every day.
2. Consume three or more memory-boosting foods and beverages daily.
3. Look at your surrounding environment and then close your eyes. What do you remember? Open your eyes and see how well you've done.

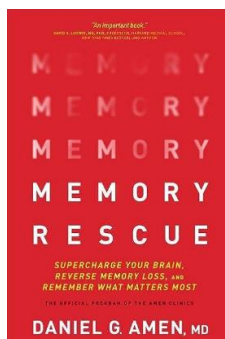
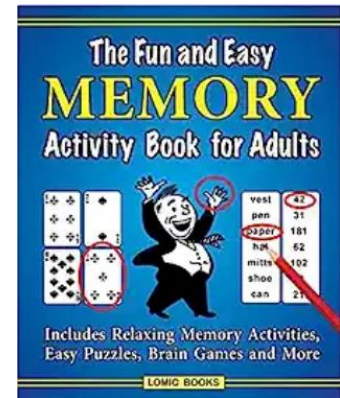
FURTHER READINGS

1. The Brain Boost Diet Plan



2. Memory Activity Book: 100+ Brain Exercises to Supercharge Your Memory

3. The Fun and Easy Memory Activity Book for Adults



4. Memory Rescue

5. The Memory Book: The Classic Guide to Improving Your Memory

