

Top 12 Tips To Enhance Your Memory



A Vibrant Life Coaching Product

Some people naturally have better memories than others. If you're one of those people that struggles to remember everything from important facts to interesting trivia, don't despair.

Your potential to have a great memory might be better than you think! It's possible that you could be remembering a lot more in a few short days with just a few tips and tricks.

Try these tips to enhance your memory:

1. Reduce stress.

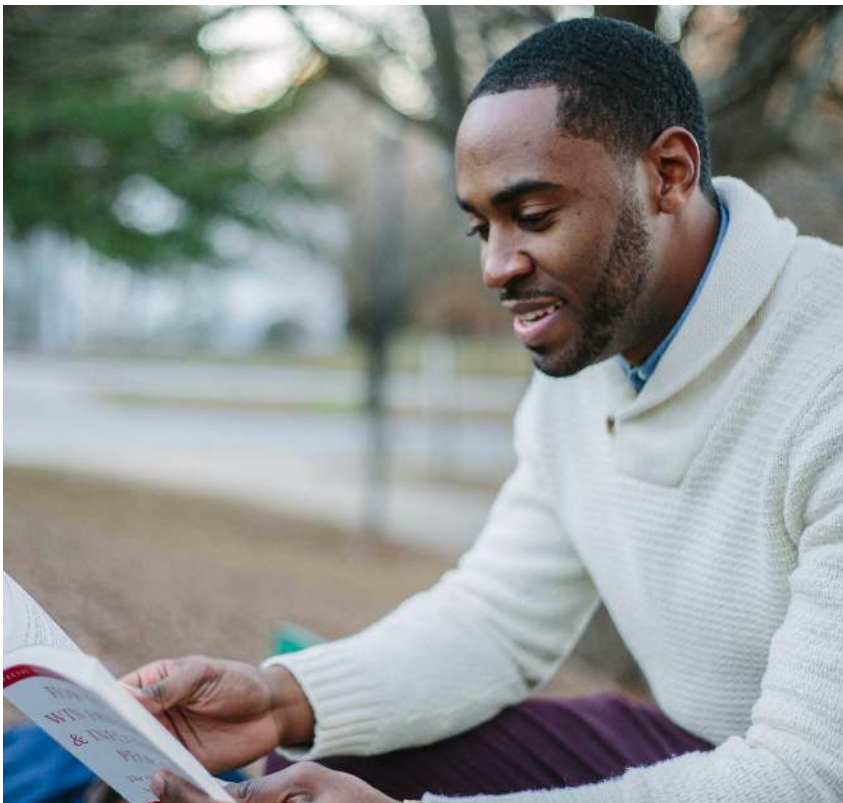
Find some stress-relieving activities that work for you and do these activities each day.

A relaxed, peaceful, quiet mind is better at storing and retrieving information.

2. Use mnemonic devices.

Mnemonic devices are something we're all familiar with. Here are some fun examples:

- My Very Excellent Mother Just Served Us Nine Pizzas details the planets from the sun: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto (old school)
- HOMES is a common mnemonic device for remembering the great



lakes: Huron, Ontario, Michigan, Erie, and Superior

- God Equals Light Not Darkness, lays out the Pentateuch: Genesis, Exodus, Leviticus, Numbers, Deuteronomy

- ROY G BIV is a fictional man's name, identifying the colors of a rainbow: Red, Orange, Yellow, Green, Blue, Indigo, Violet

- NICER DRUMS represents the 10 organ systems of the body:

Nervous, Integumentary, Circulatory, Endocrine, Reproductive, Digestive, Respiratory, Urinary, Muscular, Skeletal

Make a habit of devising your own mnemonic devices for the things you need to remember.

3. Read out loud.

If you want to remember a list of items, read them out loud. Need to memorize a poem for school? Read it out loud. Reading silently or thinking gives you a single exposure.

Reading out loud gives you multiple exposures, lighting up your brain in different areas. You read it, say it, and hear it.

4. Repetition.

Repetition is the key to mastering anything. Reading through a list of German vocabulary words once isn't as effective as doing it 10 times.

5. Visualize.

Remembering the word "bicycle" is easier if you visualize a bicycle. An even better option is to visualize an outrageous looking bicycle or a bicycle in motion - movement is something with which we can more effectively make lasting connections.

6. Practice regularly.

Force yourself to memorize something each day. It could be a grocery list, a random list of words, or items in a photo. Test yourself. Stretch your ability to memorize.

Memory is like a muscle and daily practice leads to fast improvement.

7. Spaced repetition.

Better yet, space out your study. Studying for five minutes multiple times a day is more effective than studying for a single, longer period of time.

8. Get sufficient sleep.

Your brain needs to process and file new information. It's important to get enough sleep if you want your memory to be at its best. How much is enough?

Most experts will suggest 7-9 hours is a good number for adults. Experiment and see what works the best for you.

One proven strategy is to study something just prior to going to sleep and focusing on it as you drift off. That process helps the mind to catalogue it and help you to remember with greater success.



9. Train your brain.

As we age, we tend to move around less and tax our brains less. Your brain needs a daily workout. Read something challenging. Play chess. Do crossword puzzles. Try to complete a maze as quickly as possible. Count backwards from 1,000 by 14's. Push yourself.

10. Get regular exercise.

Physical exercise is important, too. You feel different emotionally and intellectually after you exercise. It's because you are different. Every part of your body benefits from exercise, including your brain.

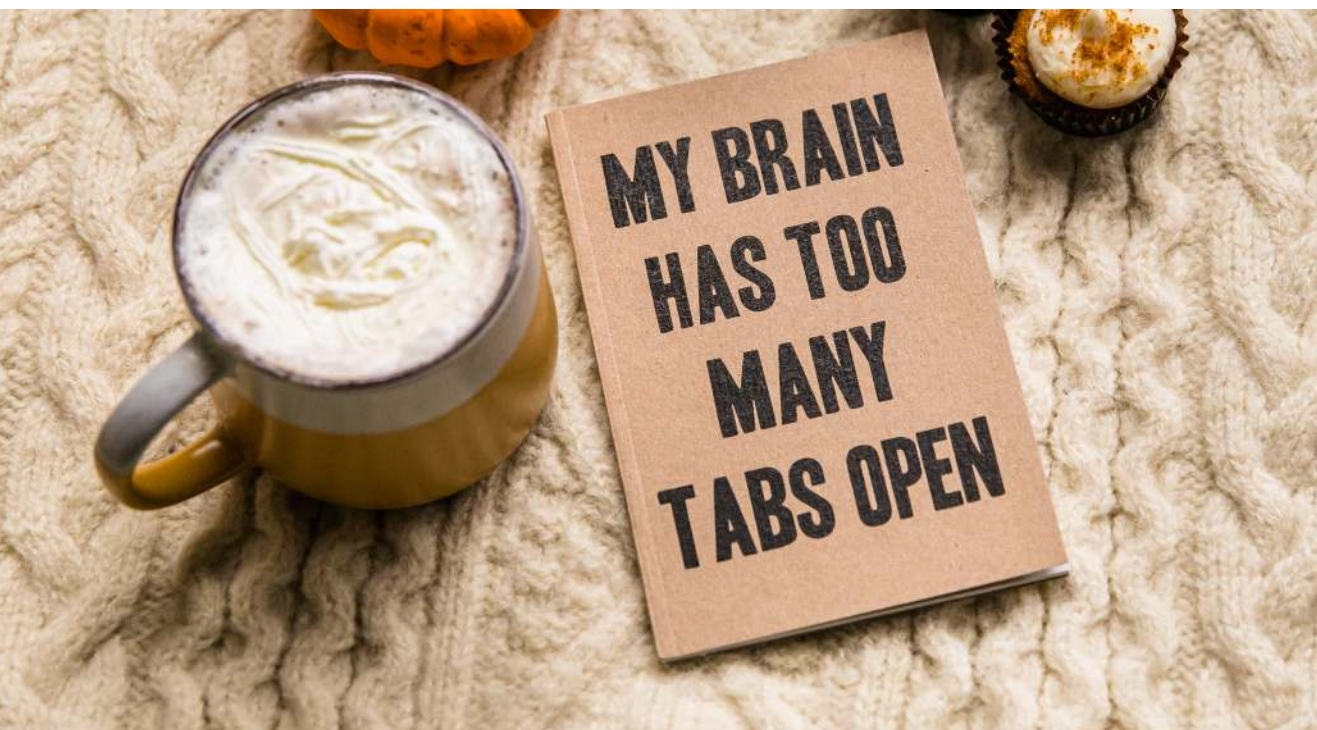
11. Write it down.

Things you write down are easier to remember. If you want to remember something, write it down over and over.

12. Eat berries.

Research has shown that berries are great for enhancing and preserving memory. This is a simple tip that's enjoyable, too.

The ability to remember things fades with age, but everyone can have a better memory than they do today.



Like anything else, your memory will improve if you practice regularly.

The next time you go grocery shopping, make a list and then put it in your pocket. Do all of your shopping and then then review your list before you check out.

A good memory is a blessing. Begin to be intentional about improving your memory today and enjoy the benefits tomorrow!

