

MEMORY TROUBLES ... AND SOLUTIONS

Many people complain about having a poor memory. Maybe you're one of them? We often associate an unsatisfactory memory with getting older. And, yet, even teenagers blame their forgetfulness on having a faulty memory!

In seeking effective ways to boost my memory capacity, I discovered some valuable strategies that you'll find below. But first, let's take a look at the factors that are likely to create a decline in memory function.

Lack of Interest

Without being curious or committed to the topic, to prevent getting distracted, you won't be able to recall much.

Lack of Oxygen

The brain needs oxygen. Without regular exercise and/or periods of deep breathing, your memory won't be primed for effectiveness.

Lack of Association

Your recall will suffer when you don't link information with an image; i.e. linking a name with a face creates a powerful association to trigger your memory.

Lack of Belief

You actually remember much more than you forget; but when you focus on your forgetfulness, then this becomes your dominant belief. And then your belief becomes a self-fulfilling prophecy.

Lack of Focus

You've got too many thoughts in your mind and exterior distractions to remember what you do on auto-pilot, i.e. where you left your keys.

Cultivating Remembering Skills

If you're not paying close attention, you won't remember what you read or what was said. Let's use the example of "I can't even remember what I just read."

Upon further exploration with my clients, they usually uncover that while they fully expect to read and understand the words easily, they have not set a clear intention to RECALL the content easily. It's not surprising when you think about it. Because most of us were taught reading skills; few, if any, were taught remembering skills!

Memory Booster Steps:

1. Set Your Intention

Focus your attention by being clear about what you want to accomplish. State to yourself exactly what you want to recall.

2. Mind Map ®

Take notes, highlight key words, or Mind Map* your insights, comments, and/or questions.

3. Summarize Major Points

Review the key points and summarize what you've learned and wish to recall.

4. Create Associations

Link your content with visuals that tell a story. Use creative or unusual visuals to jog your memory. The more outrageous, the better!

5. Review Regularly

Repetition helps you transfer new information learned from short-term to long-term memory. Use daily, weekly, monthly intervals based on the complexity of the subject.

Applying these tips will not only help your reading retention but also serve to sharpen your memory and organize your thoughts.

My best,
Barbara

*Mind Maps ® were invented by British Psychologist and Memory Expert Tony Buzan.

Additional Resources:

Memory Power-Up by Michael Tipper

Walking with Einstein by Joshua Foer

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on to a friend. **

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