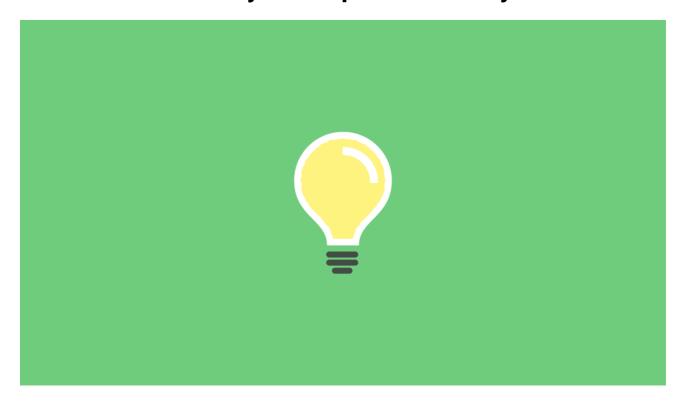
## **15 Ways to Improve Memory**



1. Writing things down
2. Chunking
3. Acronyms
4. Practice, Practice, Practice
5. Superior Focus
6. Test yourself
7. Silly Sentences
8. Teach it to someone else
9. Drink Water
10. Read More
11. Little and Often
12. Make it a Story
13. Say things out loud
14. Ask Why

15. Get enough sleep