

# 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