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

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