

# 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