

# Do You Have a Forgetful Mind?

Boost your recall with these memory tricks!

## Visualize It

Associate a positive, colorful image with a word or name.<sup>1</sup> To remember the name Bill Baker, visualize this:



## Add an Acronym

Come up with a word using the first letters of all the key words or ideas.<sup>2</sup>

For example, your grocery list may be:



## Say Your ABCs

When trying to conjure up a name or word, taking yourself through the alphabet can help.<sup>1</sup>

When trying to recall the name of your first pet (Fluffy), think of possible names that begin with A, then B, and so on.

Hopefully, at F, you'll recall your beloved feline.



 **HAVE A TRICK OF YOUR OWN? SHARE IT WITH YOUR NETWORK!**

### Sources:

1. [epilepsysociety.org.uk/memory-aids-reminders-and-brain-training#.VCBnJc0kNsg](http://epilepsysociety.org.uk/memory-aids-reminders-and-brain-training#.VCBnJc0kNsg)
2. [helpguide.org/articles/memory/how-to-improve-your-memory.htm](http://helpguide.org/articles/memory/how-to-improve-your-memory.htm)