

# Developing Good Memory Habits

Four tips to make remembering easier



## Get Smart(phone) Savvy

Set calendar reminders for appointments and medications. Use the voice recorder to capture shopping lists and on-the-go ideas.<sup>1</sup>

## Draw a Connection

Doodling, writing down notes and creating word associations as you're learning can help you remember better.<sup>1</sup>



## Embrace the Sound of Silence

Go somewhere quiet and uncluttered to concentrate on important tasks. This cuts out environmental and visual distractions.<sup>1</sup>

## Create a Home Base

"A place for everything, and everything in its place." Keep important personal items (wallet, keys, glasses) in one logical spot.<sup>1</sup>

