



Total Memory Workout

Step 4: Getting Organized Memorcises

1. Getting yourself organized! Choose a scheduling aid that best meets your needs. Enter into it all your appointments and other necessary information.
2. Over the next week, get in the habit of doing the Daily Grind and Weekly Weigh-In.
3. Start using a to-do list.
4. Figure out where your forget-me-not spot will be and what will go in it. Then, *use it consistently*, especially for those items you often misplace.
5. Start keeping Memory Minutes for important conversations and events. Title each entry for easy access, using the date, topic, and names of people involved.