

Total Memory Workout

Step 6: Remember what you read and see Memorcises

1. Use the list techniques reviewed in this step to learn and remember the words on this “Practice Word List.”

telephone	dog
envelope	staple
frame	ring
level	ant
muffin	swing
garage	elm
park	blue
surface	grapes
heart	pasta
album	box

2. Practice learning the numbers below using the techniques for remembering a list taught in Step 6.

694827659

39584

1048275235

9839472

3. Try the “Grocery List” exercise to help you practice categorizing a list.

Grocery List, Part 1

Here is a list of grocery items you need to buy. Read this list once and then turn to the next page.

mushrooms	club soda
butter	corn
baking soda	lemons
oatmeal	wild rice
flour	cola
avocado	orange juice

sour cream	yogurt
ginger ale	lettuce
salt	cottage cheese
mozzarella	lemonade

Grocery List, Part 2

Now, write down as many items as you can from the grocery list on the last page.

How many did you remember?

Grocery List, Part 3

Here are the grocery items again. This time, group the items into the categories below.

mushrooms	club soda
butter	corn
baking soda	lemons
oatmeal	wild rice
flour	cola
avocado	orange juice
sour cream	yogurt
ginger ale	lettuce
salt	cottage cheese
mozzarella	lemonade

Produce	Dairy	Beverages	Other

Grocery List, Part 4

Now let's see how many of those grocery items you can recall using categorization!

Produce	Dairy	Beverages	Other

How did you do? Chances are you remembered more of those items this time around. While working with this list did give you more opportunities to learn the shopping items, categorizing them helped you remember them better than if you had simply read the list several times.

4. Begin practicing your favorite list technique on lists that you commonly use, such as your grocery list, to-do list, or packing list.
5. Tomorrow, recall in writing a story in the newspaper using the SING technique.
6. This week, practice SINGing stories while reading your morning newspaper. When you reach the end of a story, take a moment to SING. By the end of the week you'll see how much better you are able to remember what you are reading.