

# Want A Better Memory Printable Workbook

Now, it's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here – there's no judgement or right answer. You are free to journal, brainstorm and doodle in this space.

## *Journal Your Thoughts*

### **[From: Do You Wish You Had a Better Memory?]**

1. What information have you forgotten?

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2. Do memory conditions like dementia run in your family?

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3. What have you tried to boost your memory?

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**[From: Simple Ways to Boost Your Memory]**

1. Which activities or habits make it easier for you to absorb new information?

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2. Have you experimented with power napping to see if it boosts your memory?

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3. Are you regularly exercising? If not, is there a fun activity that you'd like to try out?

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**[From: 4 Resources to Improve Your Memory]**

1. Have you taken a course on memory improvement?

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2. What are some tricks you use to jog your memory?

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3. How do you best absorb new information (when it's written, spoken, etc.)?

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**[From: Freeing Up Brain Space by Getting Organized]**

1. Is your life chaotic like Mary's? How so?

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2. Do you set aside time in your week to "catch up" on projects you're behind on?

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3. Have you automated monthly tasks so you don't have to remember as much information?

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**[From: 5 Apps to Exercise Your Memory]**

1. What are your favorite types of games and puzzles?

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2. Have you tried meditation to improve your memory?

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3. Which apps on your phone make you feel smarter?

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