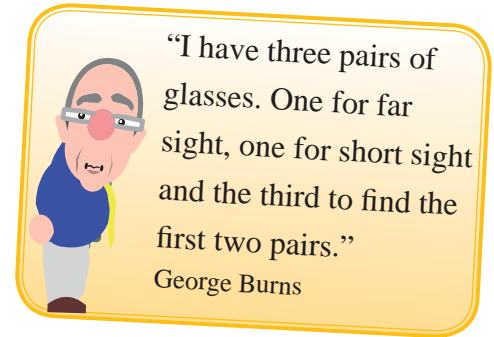


3. SOME THINGS WE ALWAYS FORGET...

In today's fast paced world, it is impossible not to let something occasionally slip from our minds. But when forgetfulness begins to take over our lives, it can be a very frustrating experience.

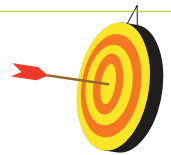
The first step to overcoming forgetfulness is identifying where it is most common in our lives.



Make a list of things that you tend to forget:

Here are some examples:

- Car keys
- Glasses
- Deadlines
- Names of acquaintances
- Replying to e-mails



My "tend to forget" list:

Now that you have completed your list of items that you tend to forget, group them in the following categories:

Work	Home	Other
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Is there one specific area in which your memory is less efficient?
If so, can you think of why this might be?

Can you identify the feeling that may be linked to each particular item that you have forgotten? (i.e. sadness, fear, frustration, anxiety, etc.)

Stress, lack of attention and lack of interest are the key factors of a poor memory. However, can you guess how many people on this planet experience Attention Deficit Disorder to some degree? How many people have trouble concentrating for long periods of time, lack attention and suffer from memory problems?

*Here is the comforting truth... EVERYONE!
We ALL have a limited attention span!*

Even the greatest super heroes – Superman, Spiderman and Batman have limited attention spans... Those 2 seconds they don't pay attention and their enemies take control of them.

The good news is, we don't have their kind of enemies... and there is something we can do about the "lack of attention" enemy...