


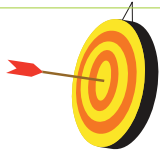
# GET ACQUAINTED WITH YOUR MEMORY

## 2. SOME THINGS WE NEVER FORGET....



“There are two songs I know by heart; Yankee Doodle and another one...”  
General Douglas MacArthur

Before you start identifying where your memory needs improving, you should first take some time to identify your memory’s strengths.



Make a list of things that you usually remember well.

Here are some ideas to get you started:

- Lyrics to songs
- Titles of movies
- Sports statistics
- Names of acquaintances
- Work deadlines

My “good memory” list:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Now that you have identified the things that you tend to remember, group them into the following categories:

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

Is there one specific area in which your memory functions better?

\_\_\_\_\_  
\_\_\_\_\_

If so, can you identify why this might be?

\_\_\_\_\_  
\_\_\_\_\_

What are the feelings you encounter in each area your memory functions best?  
(i.e. "Remembering trivia facts makes me feel knowledgeable. Always remembering where my belongings are makes me feel in control of my life, etc.)

As you begin to call to mind the many things your memory is good at, you will begin to understand how your memory works. You will notice that *interest*, *attention*, *emotional attachment* and *enthusiasm* are all key elements to a good memory.

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