Exercise: Me and my memory

Why?

When you recognize your own memory weaknesses and strengths, you can find ways to reduce everyday memory problems.

How?

Continue the sentences...

1. It's difficult for me to remember...

Example: things I've read, boring information, identification numbers, all my tasks at work, large amounts of information..

2. I remember well enough…

Example: things I've seen, conversations, a shopping list, important dates, recipes…

3. What helps me remember is…

Example: a digital calendar, reminders, planning daily schedules in advance, timers, study techniques, deadlines…

4. What makes it harder for me to remember is...

Example: a distracting environment, hurry, stress, interruptions, fatigue, other people's expectations...

What could you do to help you remember things better every day?

What kinds of challenges do memory problems cause you in practice? Give an example of an everyday situation.

Example 1: I don't remember what I need to do during the day. For example, yesterday I forgot to go to an agreed meeting until they called me from there. I find it difficult to learn necessary things, even if I read about them for hours.

How could you use what you listed in point 3 to make these things easier? How could you reduce the factors you listed in point 4?

Example 1: I start the day by listing the things I at least need to remember to do. I set reminders on my phone for appointments as soon as they're scheduled. Example 2: I look for information on things I need to learn in video form. I also try to find someone who is studying the same