

Helpful Memory Improvement Tips

From: [The Memory Improvement Techniques Website](#)

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Remember What You Can In Quick and Easy Steps

You might have heard of Mnemonics and how they can help you improve your memory.

Mnemonics aren't difficult or tiresome activities; in fact, it's as if there's no pressure when doing the actual memorization because of how simple and pleasant the steps can be. An example of a mnemonic method is the Loci System.

A good scenario when the loci system can be effectively used is when a person has several items or a list needed for immediate remembering. The first important thing to remember when using the loci method is the familiarization of a place and the correct order of locations of the chosen place. It could be the dining room, bedroom or kitchen at home or a favorite route in the park. It doesn't matter where, as long as the location can be easily recalled accurately by the doer.

Let's say, the specific locations are the parking lot, pond, willow tree and the benches in the park. So, let's pretend the items are umbrella, dog food, cell phone and picnic basket. To associate the items, visualize strongly hundreds of open umbrellas falling down on the parking lot as you find a space where you could park. Next, as you pass by the pond, you pick up the usual dog food to feed the fish followed by the big willow tree bearing cell phones for fruits and lastly, as you sat by the benches, a picnic basket approaches and sells you what is inside it. Each time you visit the park or any other place you're strongly familiar with; you can immediately associate the specific locations with any items you need to remember.

When using this method, it's better to imagine objects in familiar places in bizarre or amusing ways because it helps a lot in retaining information.

[Click Here](#) to learn more about the Loci System and other memory improvement techniques.

Easier And Effective Memorization Techniques

Memorization tires most of us. Admit it, we'd rather glance on our palm tops or organizers once in a while for convenience. Memorization is something we don't want to deal with for the rest of our lives although we deal with it in school because it's something we need to do.

Now that's just odd. When we need to do something, we tend to give our best shot at it. Why can't we do the same thing with our simple everyday activities?

One effective and interesting way of familiarization and memorization of objects at a particular time or event is to associate them with a journey. The place or location where the journey happens can be stationary but not you, the traveler. You should come across the entire set of objects which are available on the setting you have chosen.

We can set the movie house as an example for this memory improvement approach. Before you enter the movie house lobby, you purchase tickets for you and your friend. You know it's the ticket booth because you see people falling in line to buy their own tickets. Now, associate the elements you see with what you need to remember. Let's pretend that you need to buy grocery items after seeing a movie. Seeing the long line of moviegoers to the ticket booth is a start. You can make the line of moviegoers going to the ticket booth, purchase chunks of meat instead of tickets. After getting your own meat chunk from the ticket booth, you then proceed to the lobby where you can buy popcorn and drinks served by two food counter clerks. The first clerk is named Ms. Tomato while the other one is named Mr. Lettuce. One has a head like a tomato and the others head looks like lettuce. After ordering, you are then served by Ms. Tomato a bucket of cheese bars instead of popcorn and butter for drinks.

After you're satisfied with what you bought, you and your friend proceed to the movie theater and find yourselves a seat. Imagine the seats as giant apples. As you sit back and wait for the movie to start, picture the widescreen in front operated by four grocery clerks pulling the scenes with giant sausages strung together from the projection screen to make the image move from one picture to another. Now that's one wild imagination to keep you on your toes to remember the grocery items you need. The funnier the story is, the higher chances of remembering each item clearly.

From that scenario alone, important objects on the location are observed. You associate the things you see with the location easily since it involves vision, sound, smell, taste, touch and Kinesthesia (or the awareness of body position). All of the strategic points mentioned make Journey System, another memory technique, an easier method in remembering things you need to remember and placing them in a known place for easier memorization – without any pressure.

[Click Here](#) to discover the natural memorization ability you never knew you had all along.

Helpful Memory Aids For Memorization

For many centuries now, memory techniques have evolved in how they are used and learned by people. We all know that the process of remembering information is called 'mnemonics'. We also know that mnemonics isn't similar to magic tricks but due to its proven efficiency, it's considered a technique pertaining to memorization.

If you haven't realized yet how our memory works, a person's memory effectively functions to how it associates objects and information. But of course, what we need to practice at is how we focus on things and eventually associate or link them with other information that enable us to remember what we need to remember.

One way to remember things easily is to rhyme words. How do you think we're able to carry riddles and rhymes during our nursery years in school up to the later years of our lives? Just reading this question alone makes you remember one or two nursery rhymes you've learned, right? This also answers how toddlers are able to cope with what they learn in school at this very early stage of their lives. This is also the very reason why rhymes are considered as common memory aids.

Another effective memory technique is the use of initials or the first letter of the word. For example, for a group of items, you can take each first letter and make a word out of it. Remember ROY G. BIV? If you do, you'd know right away that this is not a name of a person but it stands for the seven colors of the rainbow - Red, Orange, Yellow, Green, Blue, Indigo and Violet. Notice how you have easily recognized the initials? Now you're nodding.

You need not to make a name always out of the initials from a set of items. You can make a word or anything which can easily help you recognize the words equivalent to items. But in some cases, there might be too little number of vowels versus the consonants. Let's have the items pasta, rye, fish, cheese and table. Together they look like this: PRFCT. We can add the letter E in between the initials to make it a word; in this case, it can be read now as PERFECT. Of course, when you remember the word PERFECT, you'd easily recognize which item stands for each consonant. Simple? Yes.

There are many other ways how to enhance your memory skills. [Click Here](#) to discover interesting and effective memorization techniques.

Silly Stories For Memorization

You've heard about several memory enhancing techniques. Linking and associating, creating a story out of several items you need to remember. There are in fact, many ways how you can remember important information such as numbers, events, errands and names. The challenge is how to make all the information easy to retrieve, out of the top of your head in a random situation.

Memory techniques work on anything that you like to master. There are things you may need to work on in memorizing something for the first time but all information has techniques on how they can all be memorized. It just takes a lot of interest and enthusiasm to be able to absorb all the information we want to understand and remember.

Creating an absurd and outrageous story from a list of non-related items will do well enough to stick in your head. What else is that it stays there in your memory the way the story is created, the chronological order and even the positioning of the character! The fun part about this technique is that there's no limit to how you want to create the story and the sillier it is; the easier for you to remember it and the keywords that comprise it.

Now you'll say what if you need to memorize an entire chapter of items and information; surely you can't create a novel out of this. True. But in fact, what you can do to get around this problem is to break down all the information you need to remember. Try to put the related or similar items in one cluster and name it. Do the same with the rest. You can also create acronyms out of the clusters you have made and then, create a silly story using the acronyms or the cluster of words you've created.

Once you have this ready, you can then associate mental images with the story and each key word you've made. It has been proven that the imagination, especially when there's clear images associated with it works efficiently – efficient enough to be remembered.

Following these techniques for the first time may come a bit slower and difficult but practicing them can gradually increase your expertise over any memorization tasks.

[Click Here](#) to learn more important details regarding memorization improvement techniques.

Memorization Problems: Solved!

Have you ever had problems in remembering names, numbers, grocery items needed, and other little details such as the location where you placed your car keys this morning? The truth is, we all have our moments of forgetting little bits of information that matters at the exact moment we need them.

But did you know that memorization techniques boil down to two basic things? These are ways on how you focus your attention and create a meaning in correspondence to the information or object you store in your memory. With memory techniques, you encourage your mind to be creative while utilizing your innate memory skills.

One of the proven memory techniques known today is called the Link Method. As mentioned above, enhancing your memory skills require you to become creative and imaginative which are considered very strong memory boosters when exercised correctly.

Using the Link approach, it has been proven that an object associated to the next on the list is less confusing to do, not to mention the order of the information included are also memorized easier. The list of items to be memorized can easily be remembered no matter how irrelevant they are from one another. With continuous practice and diligence, Link Method allows you to remember things from the top of your head without getting stuck in frustration in the middle of urgency. Now isn't that a good thing? Of course it is.

Let me give you an example. Say you need to remember five items. We can take the items as the following; a cat, rice, hat, pigeon and fence. They are entirely different and have no relevance from one another but remembering these bits of information is a piece of cake with pure Link Method. What you need to do is have your imagination working by starting on the cat. Imagine it as a Siamese cat that eats rice since he's from Siam. The rice is served in a hat but then, a pigeon comes along and starts to eat the rice. Seeing this, the cat chases the pigeon away and ends up landing in the fence.

What you can do in addition to the scene above is to create details for each character. Try to imagine the colors, location and other important details as you construct the scene. Experts found out that the memory skills of a person work very well with colors. However, it is not so good when it comes to shapes.

Going back to the scene we've created, plus points would go for funnier imagination. Humans respond and capture vivid images that are unique and funny. It may sound crazy but it's proven to work. Imagination and memory is a good pair that works excellent together. Using it takes less of an effort but requires enthusiasm and willingness.

These are just basic factors you can learn out of the entire section of memory techniques. [Click Here for details.](#)