

As with any new skill, it is important to practice using your Memory Path. You can create your own lists, but here is another type of list that I've remembered using the Memory Path. When I give public lectures, I try not to use my notes, so I create an outline of my speech and associate key words (in bold) to my memory path to help me stay on track. Give it a try! This key word list will be more of a challenge because some of the words are more abstract. Remember, the more detailed and unique the associations, the easier it is to remember. So, put these items in your memory path, and when you are ready, turn over this sheet and write down what you can remember. Good luck!

Keywords (in bold) to remember are:

1. Thank you for the **invitation** to speak
2. Today I am going to talk about **Brain Health** and memory
3. Brain health is important for the **recording** stage of memory
4. There are **three** factors that can improve brain health
5. **Physical** exercise – try to find an activity you like to do that fits in your day
6. **Social** connections – finding time for friends and family has many benefits
7. **Cognitive** challenges – be a life long learner
8. Other **lifestyle** factors that can impact memory include
9. **Sleep** – good sleeping habits promotes both physical and mental health; evidence is also accumulating that daily events are 'replayed' during our sleep to help memory
10. **Stress** – finding ways to reduce stress can promote brain health, e.g., mindfulness practice, relaxation techniques, finding a good work-life balance

How did you do? Miss an item? Use it as a learning opportunity and think about why that particular association may not have worked for you. And you can give it another try with different associations. This skill takes practice or we would all be memory Olympians! The more lists you try, the easier it will get. Have fun!