

15 Ways to Improve Memory

by @inner_drive | www.innerdrive.co.uk



Write things down



Chunking

BTW
KISS OMG
S.C.U.B.A.

Acronyms



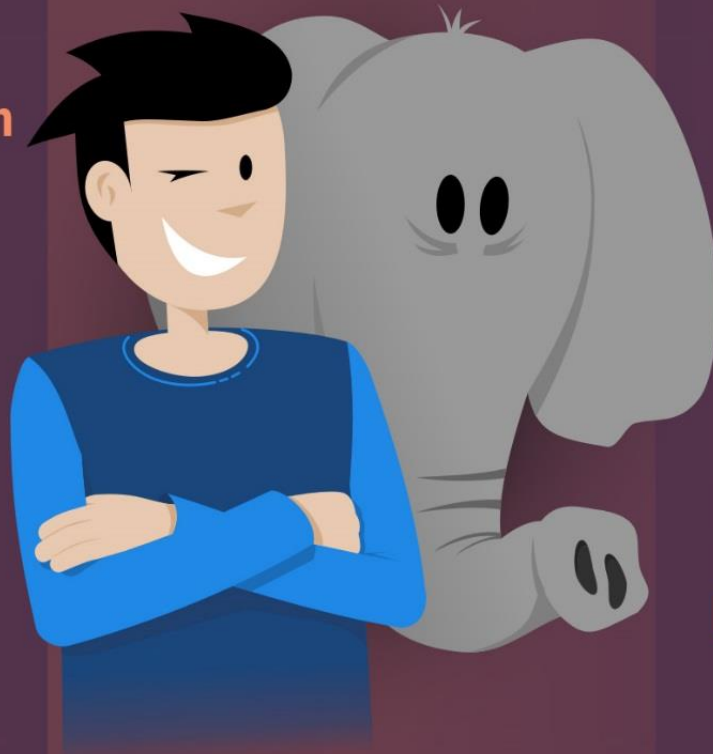
Practice, Practice,
Practice



Superior Focus



Test Yourself



Read More



Little and Often



Make it a Story



Say things out loud



Silly Sentences



Teach it to someone else



Ask Why



Get Enough Sleep



Drink Water