



## A System to Remember

What if you think of something you need to remember when you can't write it down? Maybe you are driving, walking your dog, or in the shower when it comes to you. Here is a reliable method to capture those ideas:

**Step 1:** It starts with associating numbers with a rhyming word:

- 1 - RUN
- 2 - ZOO
- 3 - TREE
- 4 - DOOR
- 5 - HIVE
- 6 - SICK
- 7 - HEAVEN
- 8 - GATE
- 9 - WINE
- 10 - HEN

**Step 2:** Then associate a mental picture with each:

1. A running horse with an empty saddle
2. Two monkeys in a cage throwing something back and forth
3. An evergreen tree, such as a spruce or pine, with the top bending over, under the weight of something hanging on it
4. Your front door
5. A bee struggling to pull something out of the hive
6. A needle for a shot
7. A cloud
8. A railroad crossing gate
9. A wine bottle
10. A hen sitting on a nest.

**Step 3:** After you have "burned" a permanent picture of each of these in your mind, and reviewed them several times, you are ready to put your "memos" there. You will use the same pictures in the future.

**Step 4:** When you think of something you don't want to forget (maybe things to pick up at the grocery store), put it on the pictures above. See a gallon of milk in the saddle; visualize monkeys throwing a bagel, a bunch of bananas on top of the tree, and so on. Really see the complete picture in your mind as vividly as you can.

Then you have your mental list when you get to the store, or later you can transfer items to a written list. This also works for to-do's and other things. The key is to VIVIDLY VISUALIZE what you have put into each picture. You will remember these "bizarre" sights!

It puts your mind at ease, and it really works!

*To consider...*

"Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them - every day begin with the task anew."  
– St Francis de Sales

**To your Quality of Life,**

*Nancy*



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