



# Memory CHECKLIST

Judy Marcus, Memory Lady  
Speaker, motivator, author of

**WHERE ARE MY KEYS?®**

**Memory Training You'll Absolutely LOVE** makes remembering fun - easy - and unforgettable!

■ Book Judy today

■ make your next event memorable!



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## **\*\*The "Yes, I Do Have a Great Memory" Checklist.**

- I use **The LOVE® Memory Method** (in four fun and easy-to-do steps) to remember everything I choose to remember.

### And, I LIVE a Brain-Friendly Lifestyle:

- I have a place for each of my essentials (i.e. keys, wallet, sticky notes) and put everything back in its special "Memory Place."
- I plan ahead, i.e. put out my clothes and organizing whatever I need for the next day before I go to sleep when I'm not as rushed as in the early morning.
- I make and prioritize "to do" lists.
- I write down dates and check my calendar.
- I add stimulation and variety to my life.
- I keep from doing too many activities at one time (over-multi-tasking).
- I eat hearty, dense nutrition that helps me look better, feel better and live stronger.\***
- I exercise, meditate and de-stress on a regular basis.\*  
(\*Check with your doctor before you start any new exercise program or eat new foods.)
- I get enough sleep.
- I pause often throughout the day to take a deep breath, recharge my entire body, and refocus.

**\*For more about how to live a Brain-Friendly lifestyle... and to tap into my Treasure Chest of solutions on how to live as strong as possible for as long as possible,  
send me an email at [judy@livelonger-stronger.com](mailto:judy@livelonger-stronger.com)**

**LOVE® your memory today.  
Keep your memory strong and growing throughout your lifetime!**