



**STRATEGIES FOR SHARPENING
YOUR SHORT TERM MEMORY**

TABLE OF CONTENTS

Sharpen Your Short Term Memory To Improve Your Life

Short Term Memory and How It Works

Sharpen Short Term Memory Tactics

Remembering Names

Sharpen Memory by Avoiding Trappers

Sharpen Memory By Repeating

Sharpening Memory Through Visions

Sharpening Memory through Role-Play

Sharpen Memory with Meaningful Purposes

Memory Strategies for Effective Learning

STRATEGIES FOR SHARPENING SHORT TERM MEMORY

Sharpen Your Short Term Memory To Improve Your Life

Sharpening your short term memory is a process of self-improving. Anytime you put forth effort to make your life easier, you are improving your life. Sharpening the memory is the process of making the mind, which processes, reproduces, and recalls everything it learns much better.

The mind works to reproduce, recall, and process information gathered, words retrieved, thoughts collected, sounds heard, noises made, and the like. The mind retains all details gathered from learning, and relates it back through mechanism of association.

To help you understand the way the mind works, we can consider a computer. The computer also has memory, which its memory has less room whereas the brain has a whole area to store the information and data it gathers. Computers will collect bits and pieces of information, store it on a hard drive and as you retrieve the data, it comes up as a whole.

Likewise, the brain does the same. It gathers bits and pieces through short-term memory and stores it in a cavity of the brain whereas you can retrieve it later by using the long-term memory. While the short-term memory gathers the information and loses it quickly, the long-term grasps hold of the memories and waits for associating mechanisms to trigger the memory so that it will display itself in images, thoughts, ideas, and the like.

Unlike computers, the brain will capture all details of a particular event and keep it forever in your mind. Computers on the other hand require that you save the information in order to retrieve it later. The brain naturally saves the memory and data it gathers, whereas the fabricated machine lacks the ability to do what the brain can do naturally. Still, some software programs will naturally save data it collects.

Sorry about that, you might not be technology literate. Maybe we can look at the brain as a nursery. Think of all the children in the room as the short-term memory. Think of the teachers as the long-term memory. The children as they play trample, stomp, and destroy the entire room in a matter of minutes, by spreading toys, crayons, color books and the like around the area. The bits and pieces represent the toys, crayons, books, and the like. As the children prepare to go home, the teachers will gather all the bits and pieces and put them back in place.

As you can see ALL INFORMATION that goes into the brain remains for life. Unless you have some illness that destroys the memory, you have everything you need to recall what it is you are trying to recall. Therefore, you merely need associating mechanisms to pull those thoughts together.

To help you understand associating mechanisms, we can consider a short story. Think of a time in your life at what time you misplaced your keys or other item if you like. What did you do to find those keys or other item? Did you back track? Did the process work? Did you associate something in the environment with your keys to help you find them? What was the object? Was it a purse? A key ring? What else did you associate with the keys to help you locate them?

As you can see objects of familiarity will help you find answers to your lost memories, while helping you sharpen the mind and short-term memory.

The short-term memory collects information, but it will only keep it for a minute. A few helpful tips for sharpen the memory can include. Instead of looking briefly at information you are seeking, stare at it a few moments longer, say it aloud, and repeat it.

Short Term Memory and How It Works

Short-term memory is a structure of the mind that sharpens as you employ strategies to send the information over to the long-term memory. The short-term memory captures pictures, objects, smells, sounds, words, taste, etc.

The memory stores bits and pieces of the information retrieved in a compartment of the brain. To pull up an entire picture of something someone said as a whole you would need to find associating objects that take you back to the moment. You will also need to conform to the same rules to pull up pictures that make an entire scene. For instance, if you are trying to recall an incident that took place in your history, a single name could open the mind to allowing you to visualize your self in the moment.

Some of the tactics employed to enhance short-term memory include: imagery, self-talk, role-playing, reciting, reviewing, previewing, repeating, backtracking, brainstorming, associations, and so forth. Using the strategies can take you anywhere you want to go, which after you construct the memory it will arrive at the long-term section, where you can recall the memory anytime you wish.

Sounds easy, but the fact is many people have difficulty remember times in their life, and some of those times are special. One of the reasons people have difficulty remembering events, is that many people fail to listen carefully, at the moment

the occurrence took place, or else their eyes shot in another direction, or else the mind was consumed with other information at the time they visualized or heard the information. In other words, the mind was preoccupied; therefore, the short-term memory captured what it wanted to gain, while ignoring the remaining information.

Does that mean you didn't get the information? No. It means that the short-term memory is the only section of the mind that caught the action, picture etc, and it will take skills and effort to pull up the information so that you can send it to long-term memory and recapture the moment. The long-term memory has the associated parts of the information; therefore, you have to work the two to come up with what you are seeking to gain. How do you do it?

While there are many ways to pull up information from the mind, one of the best possible answers that helped me is role-playing and self-talk. I am a survivor of amnesia caused from a rare disorder and it took years before I had parts of my history as a whole. In other words, I only had 3 years of information out of 38 years of my life.

Now, I can recall phone numbers from years back that I haven't used in a long time. How did I do it? Again, role-playing and self-talk, along with reciting, repeating, and continuing the process helped me out tremendously.

Example:

Try repeating and reciting to recall a memory: for instance, per se you want to remember the name of a person you see a few times a long time ago, since you heard he was back in town. Try using the imagery tactic to pull up his face in your mind. Instead of pondering on the person in general, let your mind relax as you vision this person walking along side you. Visualize yourself talking with this person as you walk, acting as if you are the best of friends. Repeat and recite areas of the moment you can remember as you encountered this person. Try to associate any relevance in the visual as you move along.

Sharpen Short Term Memory Tactics

The memory is like a rushing river flowing through a canal, and with each turn, the mind travels in one direction or the other. As the information passes through the brain it lands in certain areas of the mind waiting associating objects, words, thoughts, and the like to spark its flow. Once the memory is triggered with associations it soon starts flowing down the canal, yet it takes you to organize the mind to pull the entire memory together.

The best ways to sharpen the short-term memory is to stare. For instant, read the following sentence longer than you normally would.

Jean walked boldly down the street, as the people passed her by. Jean showed confidence in her walk, which made many of the people stare at her as she walked past them. The people were impressed.

Read the sentence longer than you normally would read a sentence. Now, try to repeat the sentence without looking at the information. The first time you may have difficulty reciting the words written, however at what time you come back to read the sentence again you will likely recite most of the words written.

As you see the memory has not captured the sentence, and while you may let go of the sentence now, somewhere down the road you will remember this sentence again. The brain works in this manner.

The brain processes information and stores it for the length of your life. No matter what you think is not in your brain, it is. In other words everything you read, everything you hear, everything you smell and so on is stored in your mind.

What causes the mind to forget? This is probably a question probing in your mind as you wonder how you can sharpen the short-term memory. The fact is the mind is often distracted. Anxiety, stress, other thoughts, disturbances, and more all cause the mind to forget at the moment you want to remember. Therefore, to sharpen the mind you will need to conform to a new lifestyle that enhances your overall human.

If you exercise, change your diet; change the lifestyle you live to a positive direction your mind will work smoother. This will help you to recall and remember with ease. To help you get that river in your mind flowing smoothly let's consider a few helpful tips.

Preview

Survey your memory before following the steps to sharpen your mind.

Repeat this sentence

I will work hard each day to sharpen my short-term memory.

Reciting

Say aloud that you will not recapse to recidivism. Say, I will not recapse or relapse back into a state of mind that will hinder my process to sharpening my memory. Say aloud that you will stop telling self you can't remember, and start telling self you can remember.

Role-play

Put you in a comfortable area and vision self-looking at a memory. Pretend you are a star on the stage as you open the memory. Act out that memory to see where it goes. Continue acting out the scene and see where it leads you.

Writing to Remember

As you, role-play; take time out to note your thoughts, acts, words, etc. Get in the habit of writing down your thoughts. Use the tactic practice to develop skills that will help sharpen your memory.

Review

Now review what you repeated, recited, role-played, and wrote down. Look through the information and note details and interactions that link to the memory.

Remember

Take a look back and all the details you have accumulated and follow the steps again.

Remembering Names

Sometimes we want to put a name to a face and just can't seem to do it. This is often embarrassing for some people who may spend a few minutes engaged in a conversation with a person, yet does not remember the person's name. The person may wait for the opportunity hoping that the person will spill out his/her name, yet it doesn't happen. What can we do?

Remembering people's name is a skill of socializing. To remember names it is wise to repeat the name and recite the name. For instance, hi my name is Maggie. You repeat by saying, hi Maggie. Now quietly say the name again in your mind. Don't use your lips as you think silently the name in your head. As you start using this strategy soon you will start recalling names of people you meet.

You can also ask the other person to repeat or recite his/her name. Just say to the person, so your name is...and asks the person to spell the name, or else pronounce the name as it sounds, particularly if you are not clear of the spelling. This is a great way to sharpen the memory and to remember names.

You can also use visualization tactics to recall names. As the person gives his /her name, visualize the person in your mind. You can picture the person's name written on the front of the person's shirt in an awkward color.

If you are talking to a person and can't remember, his/her name makes an apology and let them know you can't remember their name. This will relax the tension, and will give you the advantage of listening this time, so the next time you see the person you will remember their name.

Sometimes at what time a person introduces self to us. We may feel tension from meeting a stranger. This often distracts the mind, yet the name is in the mind, but

at what time you need it, nothing comes out. Therefore, remove tension immediately and don't be afraid to ask a person to repeat his or her name. Try to use the name frequently as you speak to the person, using the name informally so that you can recall the name later.

You can also use associating objects or parts of the person to recall names. For instance, you are trying to recall the name of a person you meet last week. You can't recall the name. Vision the person in your mind. Think of the hair, parts of the body, face or anything that stands out in your mind to help you remember.

Well now, this is a basic helper in sharpen the mind and helping you recall names, however other strategies are available. Since we are nearing the end of the article, I want to give you a practice area so that you can learn tactics in recalling names.

The list: Firstly, don't let the list title scare you out of not remembering.

Sherry
Michael
Angel
Missy
Becky
Geneva
Jaclyn
Cheyenne
Chrissie
Mary
Sarah
Candy
Monica
Nikki
Brittany

Ok, look at the list without probing on the list. Preview the list first to help the mind prepare for remembering the list of names. Think of associations that will help you put the names in the mind. Possibly, you know people with these names. Now read the names silently without using the lips.

Again, read the names aloud. Review the list now to see if you noticed each name in the list. Review again to make sure you have the spelling of the names correct. Now say the names aloud in order. Stop looking at the list and see if you can name each fictional character on the list aloud without misplacing any names. After you finish, look at the list of names again to see what you came up with and if you missed any names, start over.

Sharpen Memory by Avoiding Trappers

A number of people in life go through life using the abbreviation CRS. While I won't define this abbreviation, since the last letter is profane, but I will say that this term or abbreviation is an excuse to escape the full impacts of learning and reality. The statement is a trapper of the mind, since the person is constantly saying, "I can't."

The trick to remembering is removing those trappers we set in our own mind. Some of the trappers include "I can't," externalization externalize thinking, stressors, stress, and the like. Anytime the mind is consumed with negative trappers, it will rarely find areas to make room for sharpening the short-term memory. In case you are wondering, externalization externalize is people who make excuses ongoing, never accepts ownership, and rarely takes control of their own mind, actions and so forth.

To show you how we setup traps that hinder us from sharpening our minds we can consider a few stories.

A woman has received a disconnection notice telling her that if she doesn't come up with \$250 by next week, her utilities will be disconnected. To reconnect the services she will have to come up with a deposit of \$50 if the balanced is not paid in full by next week. The woman panics.

Instead of going on a panic attack woman, sit down and think about where you can get the cash. Think about calling the utility providers and ask for an extension. Can you borrow the cash? Is it possible you can work at a job that will earn you the cash? Can you ask for assistance if you are in the low-income ranger to pay the utilities? There are options and sitting down and thinking about the options is sharpening the mind, instead of setting up trappers.

Ok, a child breaks the neighbor's window as he gathered with friends throwing ball. The child panics. The parents receive the news and they panic.

Get those trappers out of your mind. Anxiety and worry are trappers. Change what you can and leave alone changes that you can't make. Logically this problem is easily resolved. Perhaps the neighbors have home insurance that will cover the damage, and perhaps the child's parents can cover the co-fees. Glass is relatively cheap and it takes little skill to replace broken windows. There are always solutions to problems, therefore stop trapping the mind and start using your head to sharpen your memory.

Let's consider a more dramatic story. A person gets in his/her vehicle knowing that they had too many alcoholic beverages. The person intends to drive home rather than asking a friend to be a designated driver. The cops spot the person swerving off the road and pulls over the driver. The officer asks the person to take

a breathalyzer and asks him/her to conduct a few tactics, such as restating alphabet.

The person fails the tests. The officer reads the person his rights, puts him/her in handcuffs, and takes the person off to the country jail. Now we have a major problem, since a crime was committed. However, we can see from this account that the person is hindering the mind from learning and remembering, since the person is overusing alcohol. Another trapper!

What could have happen is the person could have used alcohol wisely, asked a friend to drive him/her to the location, or else stayed out of under the wheel in the first place. The person couldn't do this however, since the mind was trapped.

Still, the person has a resolve. The person can hire an attorney, plead not guilty, and accept a lesser offense and/or charge. This will give him the opportunity to seek counselor, payoff fines, and court fees, work to reinstate his/her driver license, and so forth. There is always an answer and seeking that answer is the process of sharpening short-term memory.

Sharpen Memory By Repeating

The memory is a tropical rain forest. Sometimes answers pour down lightly while other times your brain floods the memories. As you move along the tropic rain forest, you will often visualize areas of your life where you wish the entire picture would come to mind. You will also visual pours of thoughts that flood your mind were you would wish that the brain could shut up. Furthermore, you will experience visuals that takes you back to an earlier time in your life, as well as visuals that will direct the rain in your brain.

Ok, we are going to learn how to sharpen our short-term memory by repeating. Oh wait, I forgot. What are we doing? Oh, yea, we are sharpening our memory. The more you repeat what it is you want to do or remember the likely you will remember. A little side joke will help you to see how repeating can help you enhance short-term memory.

There are two boys sitting on a fence. One of the boys' names is repeat and the other is Pete. Pete fell off the fence, so who is still sitting on the fence. If you keep saying repeat you will get on my nerves. Therefore, at what time you start repeating to remember you want to do it away from other people, since you may get on their nerves. If you are trying to remember something with other people around, let them know you are repeating to remember. If you let them know, likely, they will watch you, try to remember, or else help you remember.

One thing you want to keep in mind, if you are searching for memories, is that if you haven't endured head injuries that caused amnesia, diseases that rob the mind, death, or disorders that cause amnesia, is that the brain will store every touch, taste, smell, word, object, person and so forth that you ever seen or heard.

Each time a thought comes to mind it will last a lifetime, unless one or the other named happens to you. Still, the rare disorders that cause amnesia does not mean all information is lost. In fact, these people have the ability once the memories are pulled together to recall details, word for word, action for action, thought for thought and so on.

To help you see how the mind works we can consider the tropical rain forest as a whole picture. Think of the tropical rain forest and use the elements of the forest to represent passages, short-term memory, long-term memory, perceptions, pictures, thoughts, and so forth. Along the path notice smells, tastes, touches, sounds, sights and the like. As you move along picture the trees being the short-term memory where everything is all spread out and as you move along, picture the trees finally coming together to join with the leafs, barks and other parts of the trees, joining to form long-term memory.

Short-term memory stores information for a short time. For instance, you can look up a telephone number, close the book, and possibly loose the number. Therefore, if you are searching for phone numbers you will need to repeat the number a few times until it registers in the long-term memory.

Once it arrives at the long-term memory, you can pull it up from the mind each time you call the number, rather than going back to the phone book. As you move along that tropical rain forest in your mind, you will notice that each step you take a new tree comes to the front and the old tree is a fast passing object. This is at what time you will repeat your steps to recall details of particular memories.

NOTE: Severely traumatized persons should use imagery only in the company of a qualified therapist. This is dangerous for particular disordered minds.

Sharpening Memory Through Visions

Visions are the power and act of seeing something clearly. It is a unique sense through visual observations that helps you to see interactions, colors and details that form memories. Visions are also articles of imagination as well as a fantasy, dream, and the like. Visions can form in many ways that help us to see inside our minds where memories rest.

Visions are similar to imagery; in fact, it is sort of another way to name imagery. Yet, as you produce imagery, you draw charts, graphics, pictures etc to form the

images most times. You can also form imagery in the mind, as well as use your imagination to pull up details. The key to remember is that you want colors to fit the picture, details to define the picture and interactions to connect the memories.

Using visions can help you to grow. You can learn to envision you in the scene so that you can look at yourself at the time the memory developed. If you are searching to discover old memories, you can also use objects, such as clothing, brush, etc to bring the memory back. In other words, you can spot an object that was used during the time the memory developed to search for missing pieces.

Short-term memory processes smells, tastes, feels, words, actions, pictures, numbers and more. The short-term memory will store it for seconds and then the information is gone again. Yet, the information is not completely gone, i.e. the information is somewhere in the corners of your mind.

Let's use a vision to see what we come up with. For instance, vision self-walking through a lovely tropical ravine. As you walk through the narrow paths about the steep sides of the valley watching the running waters rush down a gushing stream, you look off to the right and notice you standing on the other side. At the moment, you can employ your body to feel and sense the moment, capturing the site of you. Why are you standing there? What do you see in the picture with you standing on the other side? What do you feel as the waters sound in the background, and the fresh air brushes your skin?

As you keep visioning self in this beautiful are and watch your moves along the memory visionary drive, you will gradually start to recall details, relations, and colors in the scene. It may eventually work up to what it is that you are trying to remember. It's somewhat hard to help someone remember something when you have no clue, what it is that you are trying to resolve. Therefore, I will provide you the working tools and you can use the tools to see if it comes up with anything for you.

Another good idea for coming up with memories and sharpening the mind is to examine familiar pictures that connect you with the memory. Sometimes if you vision self in the picture, memories will start to flood. For instance, take out your family photos and stare at them looking for memories in the pictures. As you examine the pictures let, your mind, relax, and flow without interruptions. As the thoughts start to pour, you can jot down on paper thoughts that develop, while trying to pull those thoughts together.

You can cultivate memories by using visions, pictures and writing down your thoughts searching for associations as you write. The more you start writing your thoughts, the closer you will come to the memories; as well, your short-term memory will sharpen. Keep in mind that repeating and reciting are valuable tools for sharpening the memory. As well, you can use the back track strategy to sharpen the memory.

Sharpening Memory Through Role-Play

Role-play is one of the best choices of techniques in finding lost memories. Role-play enables you to sit outside your own mind and view information from different angles through a third eye. As you learn the steps in role-playing, you will soon see areas of the mind unexposed that you may have thought you forgot. The truth is as humans we never forget anything the eyes, nose, ears, and mouth digests. To help you learn the strategies in role-playing we can consider.

Role-Play Scene

Picture self-sitting in a chair across the room from a friend, as the two of you stare into each other's eyes, and picture the friend sitting upright in the chair and the friend looks remarkably identical to you. Now, think of the friend telling you something, which is a fragment of the memory you are trying to recall. As you sit there, relax your mind, and allow smells, senses, feelings, tastes, touches, sounds, words, thoughts, and the like unfold freely.

As you move along in the scene draw up images, visions and the like in your mind. Let the mind travel along the journey to finding your memories without interrupting. If you feel uncomfortable, try not to fight the memories coming to the front. Instead, let the memories come to you naturally. You can learn to help the memories move along freely by taking deep breathes each time you feel uncomfortable.

Role-playing is the process of acting out feelings, emotions, thoughts, ideas, acts, and so forth. If you have a hard time understanding role-play, picture self on a big television screen. You can also reverse the scene and picture someone else on the big screen television. This will help you to draw images in the mind while capturing memories.

Each memory that comes your way that fits in the memory you are trying to retrieve, you should immediately write it down. Writing down the memories will help you to construct an entire event sooner. Picture the characters in the scene as you role-play and think of them as someone you don't particularly know if you like. This strategy is ideal at what time you are having difficulty remembering faces of people. You can use the characters while searching for associating parts of the actual person you wish to remember.

As you move along the screen, watch closely as visualizations come to focus. Pay close attention to the visualizations and study them carefully to see if it fits or has any purpose to the memory you are trying to restore.

As you begin to see familiar areas of the memory, concentrate, yet keep relaxing the mind so that you do not distract the thoughts pouring from your brain.

As you can see visualization, images, thoughts, feelings, words, actions, and more take fold as you role-play.

Some of the helpful guides that aid role-playing are self-talk, writing, repeating, reviewing, reciting, previewing, and starting over. The more you practice the better chance you will have at sharpening your short-term memory.

You might wonder how I am familiar with the steps and how I know it works. To let you in on a little secret, the truth is I am a survivor of amnesia my entire life. If it hadn't been for writing, role-playing, self-talk, repeating, reviewing, reciting, recapturing, back tracking, previewing and so on, I wouldn't be here writing this article today. While I can guarantee this strategy will work for those putting for efforts, I can say that if you have a mental disorder, I warn you to approach your therapist before role-playing. However, writing can never hurt, while particular disorders can make writing a bona fide disastrous experience.

Sharpen Memory with Meaningful Purposes

Consider:

A man ventures off to take on a new career. Now he takes on the career he feels fresh and ready to go. Later down the road, the person begins feeling frustrated, angry, and ready to move onto another job. He hands in his letter to resign and moves onto another job. Later down the road, the man starts to feel frustrated, and feels like he is missing something. He resigns from this job and moves onto another career. This continues. Why does this continue? What is wrong? Why doesn't this man have the ability to sharpen his short-term memory to function properly in society and in the workplace? *

The biggest problem here is a cluttered mind. The person is experiencing traps of the mind, as he feels frustrated, angry, and unfamiliar with his path in life. The problem is the person failed to make his goals meaningful.

Making your goal meaningful is the key to sharpening the mind. If you know, what you want and know what it takes to reach your goals you will have a successful road to travel. Since the goal in this situation is to sharpen the short-term memory, we can ask a few questions to help you consider your goal, the purpose, what you have to do to reach the goal, and how you can make it meaningful.

What do you want to achieve? What will it take to achieve your goal? What effort are you willing to put into achieving a sharper mind? Why do you want a sharper mind? You will need to learn tools for sharpening the mind, such as organized thoughts, previewing, inspiration, reciting, repeating, role-play, reconstruction,

removing traps, creation of pictures, relaxation, associations, active, writing skills, reduction of interferences, attitude adjusters, and the like.

What does organizing the thoughts do for sharpening the mind? How will organizing my thoughts help me to reach my goal? Once I complete my goal, will I need to continue using these tools?

Organizing the thoughts will prepare you to face all memories that come your way. As you organize your thoughts, you are freeing up room for the mind to function properly. Once you achieve your goal, you will need to continue using the steps to keep the mind sharp.

What does removing traps mean? How can this help me achieve my goal? What does this have to do with sharpening short-term memory? Removing traps has everything in the world to do with sharpening short-term memory. How it works. Removing traps means that you will learn to sharpen the short-term memory by reviewing and previewing before probing into what it is you want to learn and keep in your mind.

The traps are frustration, anger, emptiness, anxiety, and the like. For instance, if you want to study for a test, instead of sitting self up for a fall, you would remove the traps by reviewing and previewing the information first to prepare the mind for the new information.

How does creating pictures help to sharpen the short-term memory? As you draw pictures or diagrams, you will soon learn how this tool works. This sharpens the mind, since the long-term memory captures images, words, and the like through a mental processing pattern. Unlike short-term memory, which captures brief details, the long-term memory captures the entire scene through sensory.

Lastly, you can continue reviewing the information provided to you while asking questions to learn how you can sharpen the mind and how the tools work to help you reach your goal.

*Gentlemen: I am not singling you out by using a man as an example. Rather, this story is based on a person known by me who actually went through these changes. Women too will have difficulty with sharpening the mind and knowing their direction in life. I needed to clarify this, so that you men did not think I was targeting the male race. Some people may think this.

Memory Strategies For Effective Learning

As you look around you will see that everyone that you hang around with is different in his or her own way. Some of your friends may have the ability to do something in ways that you cannot. Some of us have the ability to recall and remember details to specifics, while others seem to forget frequently. Therefore, I will list a few simple rules below that you can use to sharpen your short-term memory. The rules will help you during study hours, and as you proceed to study toward taking tests.

Rule #1: Don't overdo it; take your time at what time you are trying to remember your past. Don't dig into it all at once, take your time, and think about it. Your mind needs time to relax and take a break from things so that it will be able to go again. You can also follow this simple rule while studying for tasks. Instead of working long hours, try to break down study time. Some people attempt to sit six or more hours at a desk, battering their minds to achieve. This is often a bad idea because the mind will tire out and the short-term will often fail to retain all details to specific.

Rule #2: Take sessions one at a time, you don't need to exercise your mind just in the morning you need to break it up so that you can do a little at a time at different points throughout the day.

Rule #3: Speak what you need to remember aloud, as you are trying to remember something try to speak it before you try to recall it from your memory.

Rule #4: you must find the meaning for you while trying to remember your memories. What I am saying is that you need to have a reason for what you are doing so that you can keep striving to meet your goal. This brings in inspiration, which is an essential element in sharpening the mind. If you don't have inspirations, you might as well look for something else to read. Inspirations are what drive us to do what we do each day. It is what drives us to reach our goals.

Rule #5: At what time you are trying to learn something that is rather difficult for you, you must be able to focus all of your attention to that one particular thing. At what time you are trying to sharpen your short-term memories, you need to have no interruptions. NOTE: Some people need background interrupters while studying. However, new studies are showing that the mind still works best at what time it is not interrupted.

Rules #6: Repeat what you have learned, every time that you learn something new you need to be able to go over it repeatedly so that it leaves an impression on your mind. The old saying, actions speak louder than words are proven. If you put forth effort, you will go a long way in sharpening the mind.

I hope that this information was useful to you; I know that if you truly put your mind to it that you will be able to soar through your memories, with no problem.

No matter how old you get you will never be too old to learn. As long as you live, you will learn something new everyday. It is up to you however, to make sure that you keep your mind in top-notch shape. Your mind is your treasures never stop searching for your lost treasure. Your mind is your reference guide to the future.

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