

■ STEP 2: MEMORCISES ■

1. Identify a specific activity in the coming week that will require your memory to be at its best. Next, consider which of the ten lifestyle factors discussed may interfere with your ability to achieve your memory potential at that time. Then consider what you can do to cope more effectively with those factors to minimize their impact and maximize your performance.

Activity: _____

Lifestyle factors that may interfere with my memory effectiveness:

Coping skills I can use in dealing with these lifestyle factors:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

2. Which of the lifestyle factors from Step 2 matter most to you? Figure out which issues are lowering your memory potential the most. Then commit yourself to developing better habits for dealing with them to help make the most of your memory.

Lifestyle factor:

How I will deal with it:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____