

Memory Exercise - Location Method

1. Walk around your house or look around the room. Identify 8 places where you could put things.
2. Walk/look around again, in the same order, and put one of the items below in each of the places you've identified.
3. Sit down and this time visualise doing step 2 again.
4. Fold this paper up at the fold line and write down the objects you've 'moved'



Fold your paper from here

You can make notes here if you like:

Take the mental walk around the house/room again and visualise the objects at their new locations to help you remember them.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

This method of memory recall can be used for a variety of types of information, simply replace the images with others or even the key words you need to remember.