

*Memory.....is a diary that we all carry around with us.*

OSCAR WILDE

**MONDAY**

Your memory helps you to recall – the past and present. It is how you communicate with the world. You are about to begin a step by step program to enhance your memory fitness. Enjoy the experiences along this path.

**TUESDAY**

Everyone has memory lapses from time to time. They can be very frustrating, but also time consuming and perhaps embarrassing. Think about the times when you have forgotten something. How did you feel?

**WEDNESDAY**

It will often be your short-term memory that gives you the problem. Information that goes into your short-term memory stays for a brief time. Today you might not need the phone number you looked up yesterday.

**THURSDAY**

Only a small part of the information you want to recall goes into long term memory for more permanent storage. Your long term memory is capable of holding tremendous amounts of information.

**FRIDAY**

In the aging brain short term memory is fragile. Do you know someone who can recall a story from their past but cannot recall what they had for breakfast? Stress and poor lifestyle choices can also have a negative effect on remembering.

**SATURDAY**

Today you are going to reach back into your long-term memory.  
Go through each of the decades of your life.  
Recall a memorable experience from each one of them.  
Share one of your favorite stories.

**SUNDAY**

Go through some of your old photo albums.  
Sit back, relax and enjoy a walk down memory lane.  
Call someone who shared a happening with you and compare stories!

*I am still learning.*

MICHELANGELO

**MONDAY**

When you have a repetitive memory frustration, spend some time thinking about what you need to do differently so that it will not happen again. Try a variety of solutions until you find one that helps. Every person is different.

**TUESDAY**

Make it a habit at the end of each year to buy a calendar and fill in important dates such as birthdays and anniversaries. If you include the date a person was born or married, it will be much easier to figure out the correct number of years.

**WEDNESDAY**

If you address your bills ahead of time or address cards but do not need to mail them immediately, write the date you want to send it in the right hand corner of the envelope in pencil. File them by date for ease of mailing.

**THURSDAY**

When you cancel your newspaper, trash pickup or other service for a period of time, you may think you will recall the dates. Write it on the calendar to simplify the process. You can check it later when verifying your credit amounts.

**FRIDAY**

When you return an item that you have charged, either keep an ongoing list or file the receipts in a designated location. If there is a dispute on a bill, you can readily locate the information. You may also want to keep gift receipts there.

**SATURDAY**

Let's plan ahead to avoid some last minute rushing around.  
 Check your list of upcoming birthdays, etc.  
 Go shopping for the cards you will need.  
 Now address them and put them in a place you designate for such items.  
 All you have to do is sign them and put each one in the mail as the date approaches.

**SUNDAY**

Practice patience as you go through your day.  
 If someone is slowing you down, just relax.  
 Help a person who cannot do something easily.  
 Instead of getting upset, practice compassion.