



1. Your memory is _____. You have an amazing ability to recall objects, people and places.
2. Memory is an _____ composed of _____, _____, and _____. All of these elements are perfect and can be used to construct a perfect memory.
3. Accelerate the memory process via _____. You have a vast storehouse/database of information that you can use to connect new info with what you already know.
4. _____ is the primary enemy of memory. The chemicals released when we are under this condition interfere with the biological process of memory formation.
5. Increase interest by paying _____, cultivating _____, and seeking the _____. The brain remembers best when it is entertained.
6. _____ consolidates memories of the day and allows the brain to regenerate during _____. How much sleep do you need?
7. The fundamental reason you forget most things is because you have allowed too much _____ to pass before thinking about it again. Develop your memory frequency by recalling the information after _____ hour, _____ day, _____ week and _____ month.