



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.