

5 simple ways to help you remember everything in life

Are you a forgetful god? Following these 5 extremely simple ways will remember everything in the world

Owning a good memory has helped many people succeed. Great memory keeps them at the forefront of the classroom, praised at the company, comfortable with everyday life . But in life the number of things to remember every day is huge. So if you have trouble remembering these details, don't worry because it's not only you who are in such a situation.

The key point here is how to make the memories not fade away. And here are 5 ways to remember things you want to keep in mind. Owning a good memory has helped many people succeed.



1. Create a place for memories

Our memories of space are always much stronger than memories of words or things.

Try this way: **Make a list** (Eg: apple, absorbent paper, bread and milk), imagine yourself walking around the house, and creating a scene of each item in the list above in a certain space.

In the living room, you can imagine the kids fighting over apples, while in the dining room, each item is wrapped in a roll of absorbent paper. Then when you enter the bedroom, you see a giant lying in bed and sipping bread. In the bathroom, you see the bath filled with milk.

2. Think about a scene

The reason we often forget where things like wallet, keys, and phones are because we have kept many familiar versions of similar memories already. And the brain has to encode those memories thousands of times. Over time, they began to fade away.

To improve memory, you must separate those versions. Next time where the key is located, **try to create a specific context in your head** . Record the surface of the place where you place the key. Is it wood, steel or concrete? Red or blue? Is there a photo or object that catches your attention nearby?

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3. Create an emotional connection

Making contact with an object or somewhere can help us remember details about it.

In a recent study, scientists at Harvard and MIT compared the ability to remember photographs with the ability to remember the colors of a few simple squares in participants. In general, they remember the details of the photo much better than remembering details about the square.

The researchers explain this difference because of the ability to connect things in the picture to their own feelings or memories, and thus make memories more pronounced.

4. Use a reminiscent mechanism

If you are trying to remember words in a certain order, try to create a word with the first letters of the other words.

" Mechanisms reminiscent are not tools for receiving information, but for creating memorization structures, making it easier to recall the information we receive ."

5. Connect new information with old information

If you are asked to remember the Chemistry teacher, you will certainly remember it longer than if you were told to remember a person named Hoa. Why is that?

According to experts, the name does not really mean much to you. The name is completely unbound with other memories floating in your head. But the common noun is different. We know about Chemistry. It is a study of inorganic and organic substances and their reactions. Is a subject with lots of crazy recipes.

The more you explain how new information relates to old information, the more you will be able to capture this new information, and make more and more contacts to help you remember later.

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