

5 Tips to Improve Your Memory by Ron White

Want to improve your memory? Learn from Ron White, a two-time U.S. Memory Champion who has trained business professionals on how to improve their memory and income. In *Memory in a Month*, available at YourSuccessStore.com, you'll spend 10 minutes a day for 30 days training your mind to access and retrieve information just like your computer.

Here are five tips to get you started:

1. Sleep is critical for your memory. When I competed in the World Memory Championships in 2009 I was incredibly sleep deprived. The event was in London and I was fighting jet lag in a serious way. I can memorize a deck of cards in about one minute and 30 seconds fairly routinely. However, at the event which measured how many cards you can recall in an hour, I didn't get a single pack. I was so tired, I got very little sleep and made a series of mistakes that cost me any decent score at all. Sleep, sleep and sleep!
2. Good nutrition and exercise are keys to a top performing memory. There are specific foods that will help your memory such as spinach and blueberries because of their antioxidants. Omega-3 fish oil pills are also helpful to your memory.
3. Trust your memory! One of the best tips I received from World Memory Champion Ben Pridmore was to trust my memory. I would tell him that I could memorize a deck of cards in about two minutes and I wanted to get faster. His advice to me was to trust my memory more. He said, "Go faster and just trust that your memory will remember it." That was precious advice to me as I became the national memory champion.
4. Stop negative self-talk! I hear so many people say, "I am terrible with names," "I am a bad test taker," "My memory is terrible." Stop that! What you tell yourself about your memory will make a difference. Instead say, "I find it easy to remember names and faces," "I have a good memory," "I am a good test taker." Yes, I know, it sounds as corny as all get out—but it works. Are you more concerned about sounding corny or getting results?
5. Learn the memory method of loci, also known as the journey method. My memory system *Memory in a Month* explains this in a very straight forward way and in my humble opinion is one of the best memory training products on the market.

So there you have it, a few memory training tips that should help you to improve your memory. My goal is that you see dramatic improvement in your memory power and in turn I know it will impact your self-confidence and every area of your life.