

Memory Management



Go through every decade of your life so far and recall all your best experiences – write them down and then imprint them deeper so that they make a greater impression.

(Note: When recalling your experiences use ALL 5 senses)

0-9 YEARS:

10-19 YEARS:

20-29 YEARS:

30-39 YEARS

40-49 YEARS

50-59 YEARS

60-69 YEARS

70-79 YEARS

