

# 235: Optimize Your Memory

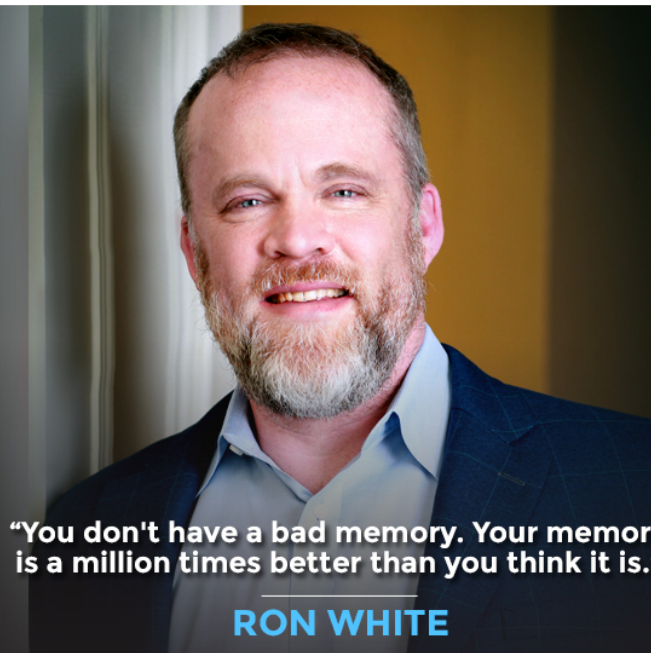
## 10 Point Checklist

Ron White

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"You don't have a bad memory. Your memory is a million times better than you think it is."**

**RON WHITE**

# 10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.

- Focus on what is happening around me. Be observant of the venue, people, and even the smallest details because vision is a great agent in memory.
- Practice mindfulness everywhere I go. Whether at a networking conference or private gathering, set the intention of being fully present and paying attention to everyone around me.
- Learn how to file my thoughts. This way I don't cram every time I need to remember certain things such as times, places, names, or anything necessary for the person I am talking to.
- Create a mental picture of a person to remember their name. For example, when meeting a Lisa, picture the Mona Lisa or when meeting a Steve, picture a stove.
- Eat nutritious foods that can help improve my focus. Eating blueberries and taking Fish oil are recommended.
- Start memorizing short numbers or paragraphs. Gradually remember larger chunks of information as I go along the way. Constantly training my brain can provide immense improvements in my memory.
- Build a memory palace to memorize things more easily. Check out [Ron White's video guide](#) on how to create one.
- Take notes during important talks or interviews so I can retain information for an extended period. Stephan and Ron recommend a tablet called [Remarkable](#) or simply a writing notebook.
- Review things I've learned so I don't just leave them in the archives of my brain to be forgotten forever.
- Check out [Ron White's website](#) for more information on his training and speaking events.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/optimize-your-memory-with-guinness-world-record-holder-ron-white>