

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>