# MEMORY! How to Remember Anything

**Facilitated by:** 

**Paul Mellor** 

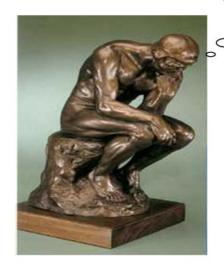
Friday, July 13, 2012, 12:45 – 2:15 p.m.





# MEMORY MAGIC

If I could only remember ...



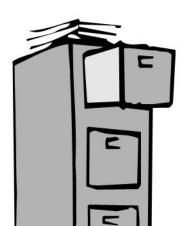
# How to Remember What's-his-name and other important stuff

### Michigan Credit Union League

Friday, July 13, 2012 Traverse City, Michigan

> Paul Mellor Presenter

# 8:14 am



8:14 am



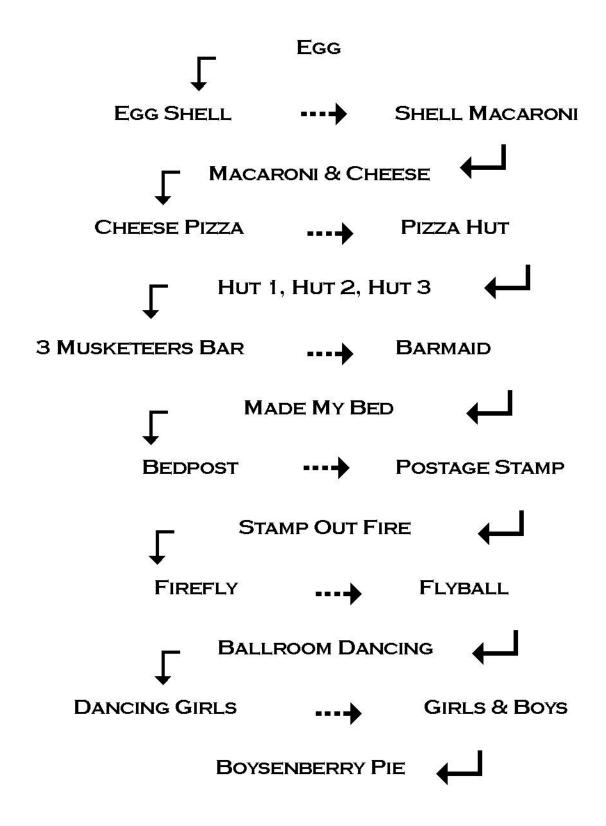
8:14 am



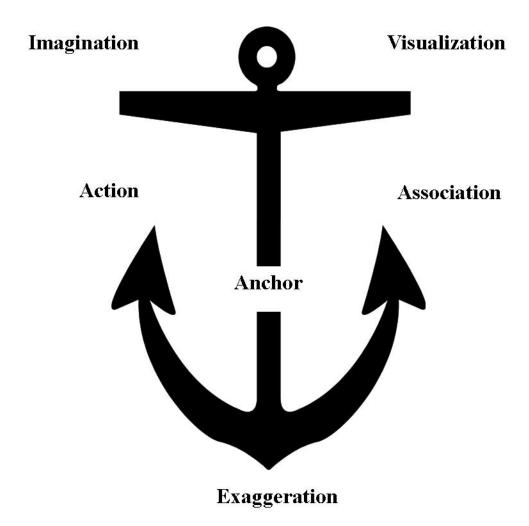
4:27 pm



#### WHICH REMINDS ME ...



# Components to a Mental Filing System



1.		
2.		
3.		
14.		
5.		
6.		
7.		
8.		
9.	<del>.</del>	
10.		

### THE NAME GAME

• Get ready, here it comes

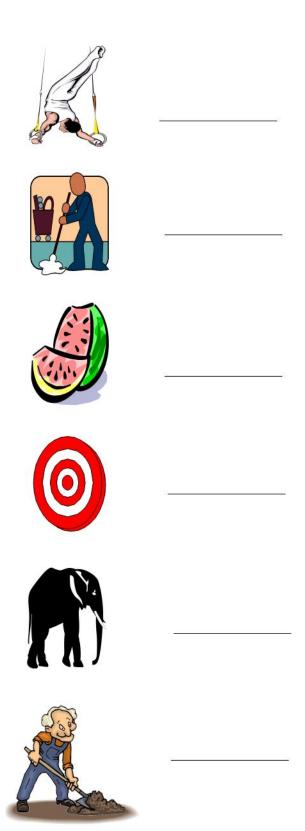
• "Hey, look at me when I'm talking."

• "Hi, I'm Fptuith Mitwljht."

• Throw it back

• "I'm Rose, like the flower."

## PICTURESQUE NAMES



#### **GETTING TO THE SURFACE**

- Color = Robert Redford,
- Brand Name = Burt Reynolds (Wrap),
- Place = Joan Rivers,
- Occupation =  $_{\text{James } Taylor}$ ,
- Object = Bill Gates,
- Animal = Michael J. Fox,
- Sounds Like = Henry Aaron (Iron),

Recap ...

Please, I beg you ...

Never, ever,
Attempt, try, strive, undertake,
make an effort, or take a crack at
remembering more than two (2)
things at a time.

Thank You