

Chunking

Unorganized List	Chunked List
Crackers Bananas Eggs Broccoli Cookies Onions Chicken Milk Bread Yogurt Cheese	Crackers Cookies Bread Bananas Onions Broccoli Eggs Chicken Milk Yogurt Cheese

Imagery

You need to pick up the dog from the groomer, balloons for the party tonight, your sweater from the dry cleaner, and cupcakes from the bakery. Combine all the things you have to remember into one picture: imagine your **dog** running around in your **sweater** while he has **balloons** tied around his midsection and is eating a **cupcake**.

Association

You need to remember that your friend's phone number is 737-7887. A 737 is a type of plane, and your grandma just so happens to be 78 years old. The last two digits of the number are just her age in reverse. Once you repeat that to yourself a few times, it will be easy to remember the phone number: type of plane + Grandma's age + Grandma's age backwards.