

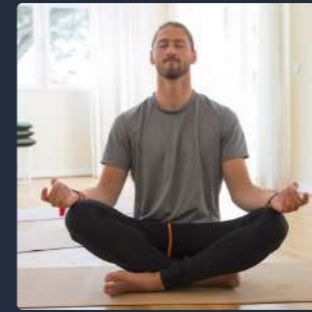
Ultiself Memory Routine

Memory is a cognitive skill that you can improve, it will help you be more productive and efficient.



Double N-Back - Training your ability to hold information in your mind will help you solve problems and achieve goals.

ACTION - Download an application with double n-back exercises and practice it daily.



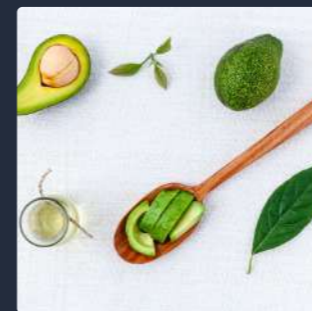
Meditation - Learning to understand and observe your own mind can improve your memory capacity.

ACTION - Practice meditation for 10-20 minutes daily. Observe your mind non-judgementally.



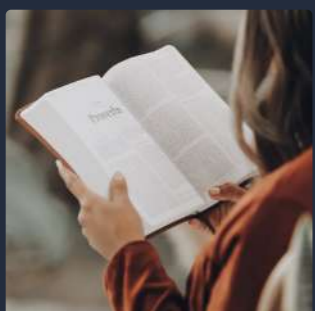
Declutter - The excess of visual information and disorganization makes your memory run out faster.

ACTION - Take 5 minutes daily and organize your workspace.



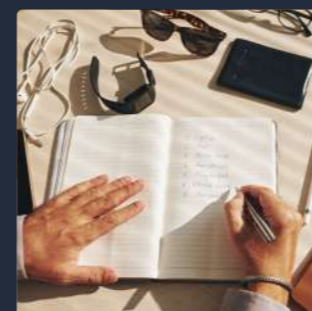
Healthy Fats - Healthy fats provide higher quality energy for brain function.

ACTION - Consume avocado, salmon, trout, and nuts on a daily basis.



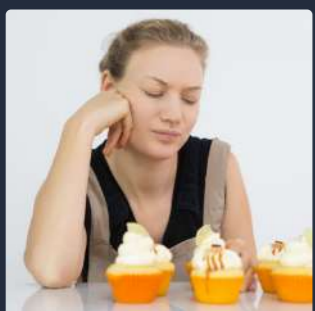
Reading - Reading trains your ability to store and organize information for when you need it.

ACTION - Read something that interests you for at least 20 minutes every day.



Memory Training - Memory must be trained to maintain an optimal level of performance.

ACTION - Every day take a piece of paper, make a list of tasks. Wait 10 minutes and try to remember them all.



Minimize sugar - Too much sugar affects the functioning of the hippocampus, which is key to memory function.

ACTION - Reduce or cut from your diet processed and packaged foods, candies, and sodas.