

MEMORY JOURNAL

Take approximately 15 minutes every day for the next 30 days to complete this worksheet. Focus on one memory event -- memory lapses, memory successes -- and possible explanations why you think they occurred. Also write down any self-talk -- *I'm always forgetting things* -- and feelings about the event, and then list more positive ways you could have handled the event, such as giving yourself permission to forget.

Print out and review and you'll start to see patterns with your memory and areas to target and troubleshoot.

Memory Event:

Feelings:

Negative Self-talk or Thoughts:

More Positive Responses: