



HOW CAN YOU GET THE BEST OUT OF YOUR MEMORIES?

Memories are an important part of who we are, the narratives we tell, how we complete tasks, and retain new information, but how true are they?

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What are the three memory stages?

What is your earliest memory?

What is your happiest memory?



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List your key takeaways:

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• How can you better retain information?

• What questions do you still have?

