

Your free 3-day sample

These pages come from The Everyday Memory Journal. Try three days of the routine — about 10 minutes each.

INSIDE THIS SAMPLE

Pages 2–4 **Days 1, 2 and 3**

Page 5 **Answers for all three days**

Page 6 **A simple tracker**

PRINTING

Choose “Actual size” or “100%,” one-sided; black and white works well. Prefer a notebook? Write your answers in any notebook.

- 1** **Pick a time and a place**
A regular time, such as after breakfast, with a pen nearby.
- 2** **Do one day at a time**
An activity (about 6 minutes), a memory helper (about 2 minutes) and a check-in (about 2 minutes). Take longer whenever you like.
- 3** **Tick it off**
Mark each day on the tracker on the last page.

What you’ll need: a pen or pencil · this journal, printed — or any notebook · a sheet of paper or an envelope to cover lists

This journal provides educational activities and practical memory tools. It does not diagnose, treat, or prevent dementia or other memory disorders. It has not been shown to prevent cognitive decline. Speak with a healthcare professional about new, worsening, or concerning memory changes.

1 ACTIVITY about 6 minutes

apples	milk	bread	carrots
cheese	rice	bananas	yogurt
crackers	spinach	eggs	flour

- ## BREAD & PANTRY

2 MEMORY HELPER about 2 minutes

Next time you write a shopping list, put it under headings such as produce, dairy and pantry. The full journal includes a grocery list set up this way.

3 CHECK-IN about 2 minutes

☐ Activity ☐ Helper

The Everyday Memory Journal · Free sample **Answers: page 5**

Pairs That Belong

1 ACTIVITY about 6 minutes

Join two unrelated words with a quick picture in your mind.

umbrella — library

garden — bicycle

button — river

kettle — postcard

ladder — orange

1. For each pair, imagine one simple picture that joins the two — an umbrella opening in a quiet library, for example.
2. Spend about a minute on all five pairs.
3. Cover the pairs. Next to each word below, write its partner.
4. Uncover and check. Peeking is fine; this is practice.

umbrella _____

kettle _____

garden _____

ladder _____

button _____

MY FAVORITE PICTURE (OPTIONAL)

EASIER OPTION Use three pairs instead of five.

2 MEMORY HELPER about 2 minutes

Make a picture in your mind

When you put something down today, picture it in an unusual way — your glasses sitting on the bread bin like a hat. Later, see if the picture comes back.

3 CHECK-IN about 2 minutes

☐ Activity ☐ Helper

Which picture was the most memorable? _____

1 ACTIVITY about 6 minutes

EXAMPLE

Bring: book and library card. **Cue:** bag on the door handle.

- ## My task

STEPS

1. _____
2. _____

Bring

My cue

EASIER OPTION Write just the task and your cue.

2 MEMORY HELPER about 2 minutes

Put what you'll need where you can't miss it: the letter on top of your keys, or the bag on the door handle.

3 CHECK-IN about 2 minutes

☐ Activity ☐ Helper

Where will you leave tomorrow's cue?

Answers: Days 1–3

Open-ended activities show an example — your own answer may be just as good.

DAY 1 Three Shopping Bags

Answer

- **Fruit & vegetables:** apples, carrots, bananas, spinach
- **Dairy & eggs:** milk, cheese, yogurt, eggs
- **Bread & pantry:** bread, rice, crackers, flour

DAY 2 Pairs That Belong

Check against page 3

- umbrella — library
- kettle — postcard
- garden — bicycle
- ladder — orange
- button — river

Any picture that works for you is a good one.

DAY 3 Tomorrow, Step by Step

Open-ended • example

Your plan is personal. A useful plan has a few steps and a cue you'll see at the right moment.

- **Task:** post a birthday card • **Steps:** write it tonight, add a stamp, post it on my walk • **Cue:** the card propped against my keys

Your 3-day tracker

Tick each part as you finish it. This records your practice, not your memory.

DAY	DATE	ACTIVITY	HELPER	CHECK-IN
1		☐	☐	☐
2		☐	☐	☐
3		☐	☐	☐

WHAT DID YOU ENJOY MOST?

Enjoyed these three days?

The full journal continues where this sample ends:

- 27 more daily pages, with a new activity and memory helper each day
- Six everyday helpers to print: usual places, names, appointments, groceries, a checklist and a weekly planner
- A 30-day tracker, four weekly reviews and a month-end plan
- Answers for every activity, and ideas for keeping going

The Everyday Memory Journal · US\$19, one payment · Letter and A4 PDFs

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