

Practice remembering to carry out a plan

1. Select a plan or come up with your own.
2. Use a memory strategy to help you to remember the plan.
3. Fold the paper in half so you can't see the plan you picked.
4. Do a "distracting task."
5. Remember what your plan was, without looking.

Select one plan	Use a memory strategy	Do a "distracting task"	What was your plan?
A real task you want to do	<ul style="list-style-type: none"> • Write the key word down. • Repeat it in your head or aloud 5 times. • Associate the plan with something easy to remember. • Imagine yourself doing this plan. 	<ul style="list-style-type: none"> • Name 5 things you can find in a bathroom. • Name 5 states or cities. • What are 3 words that rhyme with "cat"? • Say the days of the week in backwards order. • Say the months of the year in backwards order. • Make up your own task. 	<ul style="list-style-type: none"> • Without looking back, what was your plan? <p>If you can't remember:</p> <ul style="list-style-type: none"> • Did you write down a word? • Did you repeat something? • Did you link the plan with something easier to remember? • Did you imagine yourself doing it? <p>Keep practicing until it's easy to remember your plan.</p>
Refill your drink in the kitchen.			
Check the mail.			
Reschedule a doctor's appointment			
Start the laundry.			
Water the plants.			
Turn on the heat or AC.			
Pay the electricity bill.			
Refill a medication.			
Take out the trash.			
Call someone to chat.			
Pull something from the freezer to defrost.			