

How to remember why you walked into a room

Does this situation sound familiar?

- You get up to do something, but by the time you get to the destination, you forget why you're there.

The problem

- This is a problem with prospective memory, or remembering to carry out a future intention.
- Prospective memory involves attention, short-term memory, working memory, and executive function skills.

3 easy steps to remember to do an intended task in another room

Steps	Ideas for how you might implement
1. Make a clear plan before you move.	<ul style="list-style-type: none">• Say your plan aloud.• Record your plan on a voice memo app.• Write your plan down on paper - a word or two will do.• Find a nearby object related to your goal that you can carry.
2. Repeat your plan as you move.	<ul style="list-style-type: none">• Repeat your plan aloud or in your head.• Visualize your plan - imagine yourself doing it.• Bring your phone or notepad.• Carry the related object with you.
3. Remember your plan when you arrive.	<ul style="list-style-type: none">• This will likely be automatic if you follow the other two steps.• If you have a lapse in memory, try to remember what you were just saying or thinking.• Look for clues on your phone or notepad.• Are you carrying anything to jog your memory?