Exercise: Establishing Your Memory Palace/Method of Loci

Develop your own personal Memory Palace/method of loci. The most important part is establishing ten location that you’ll visually walk through, always in the same order. Imagine yourself walking through your home, establish ten locations, and write them down below. Again if necessary break up the room into smaller components (like the oven, closet, or refrigerator). Write down the ten places that you wish to use as your Memory Palace in the order that you will use them.

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________
5. ______________________________________________________
6. ______________________________________________________
7. ______________________________________________________
8. ______________________________________________________
9. ______________________________________________________
10. _____________________________________________________

***Adapted from Mason, D. J., & Kohn, M. L. (2001). The memory workbook: Breakthrough techniques to exercise your brain and improve your memory.***