



neurocase
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Your Case is our Cause

MEMORY LINES

It's a good mindfulness technique to make a list of all of the things you need to remember, so you don't worry about forgetting them. However, this doesn't mean that you should never exercise your memory.

Spend up to a minute remembering the groceries list below, then cover it over, wait a few seconds, then see how many you can write out again in the space at the bottom of the page.

Toothpaste
Sugar
Cereal
Kitchen Towel

Bread
Eggs
Yoghurt
Celery

Milk
Peppers
Cream
Beans

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