



# Self-Talk

## for memory Enhancement

**DATTATRAY GHODE**

LIFE COACH / MOTIVATIONAL SPEAKER

- **My memory is very good**
- **I remember very easily**
- **I concentrate easily**
- **I store new facts efficiently**
- **I am the master of my memory**
- **My mind is clear and highly focused**
- **I remember easily whatever I read, hear, see**
- **I enjoy studying and remember for competitions**
- **I always realize that I have excellent memory power**
- **I remember and recall easily during exams and tests**
- **I can improve my memory as much as I want**
- **I use all my senses to help me recall information more readily**
- **I recall any information quickly and accurately**
- **My memory is getting stronger and stronger every day**
- **I am extremely grateful for my sharp memory**

**Imagine what will happen once your mind with these beliefs. You'll have better memory and concentration, which means you'll be able to study more in less time for your success.**

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