

This collection of geometric shapes is designed to help train memory and attention to detail.

How does it work?

First, you fold the paper into four sides – in half in one direction, and then in half in the other direction.

Then, you study the image for a while, committing it to memory as much as possible.

Then you put the image aside and go do something else – you can think about the image a lot, occasionally, or not at all. You just get on with your life.

After an hour, or several hours, or maybe a whole day, you draw what you think is an exact replica of the image on one of the blank sides of the paper.

Then, you open up the sheet, so you can see your image beside the original, and you study it to see where you got details wrong, as well as where you got things right.

You can write down notes about your observations of your memory – what you remembered, what you forgot – and if anything “jumps out at you” about your drawing.

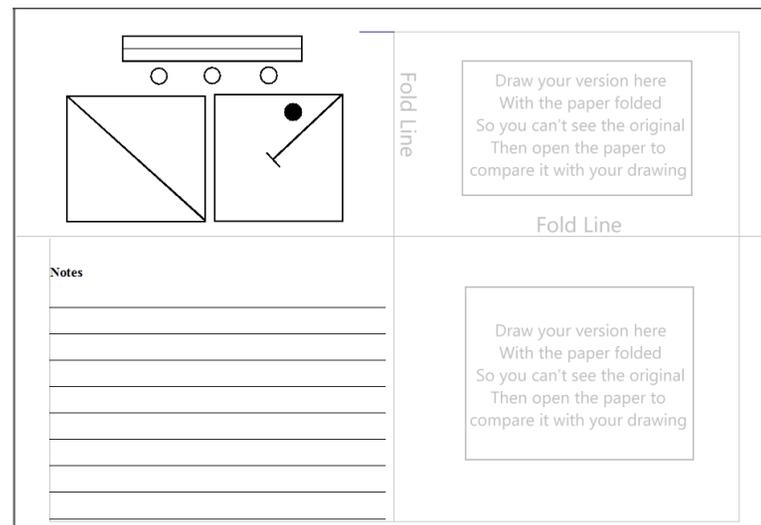
Repeat this process again, drawing what you think is the right image on the other blank part of the paper. Then open up the sheet and compare what you drew with the original.

Writing down notes can be a good way to train yourself about the kinds of details you missed. Nobody's perfect, and some of the images are trickier than they seem.

Also, the images on all the pages look enough like each other that, as you do this exercise each day, you may find yourself remembering things that you committed to memory from before.

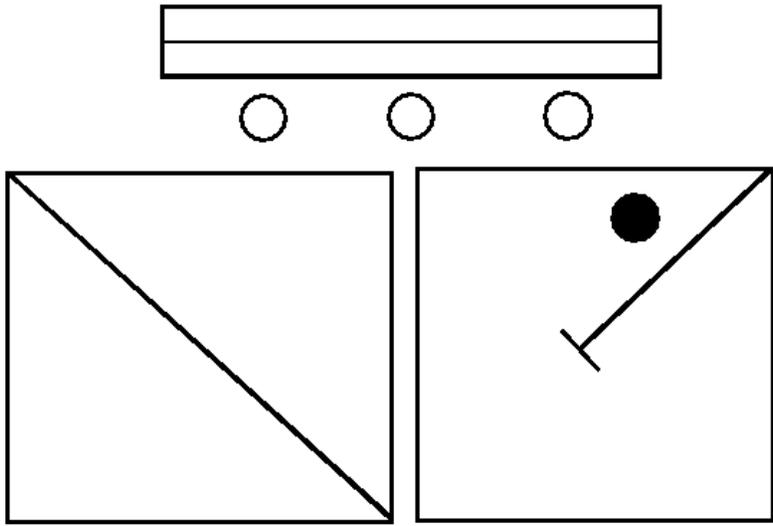
This is on purpose. It's meant to test you, to get you to really focus in on the unique and original image in front of you – not something you saw before.

At first, it may be tricky. And you may find yourself noticing things or forgetting things that surprise you. Let yourself be surprised. Learn about your mind and how it works. And learn how to memorize, one day at a time.



This collection of sheets is meant to be printed out, and each one used separately. You can re-print sheets to re-try. You can also make modifications to the original images to make them your own. You can also color in the sections of the original image and work on your color memory, too. It's up to you.

You can use this however you want – just use it. Get better. Be better. And have fun, while you're at it.



**Notes**

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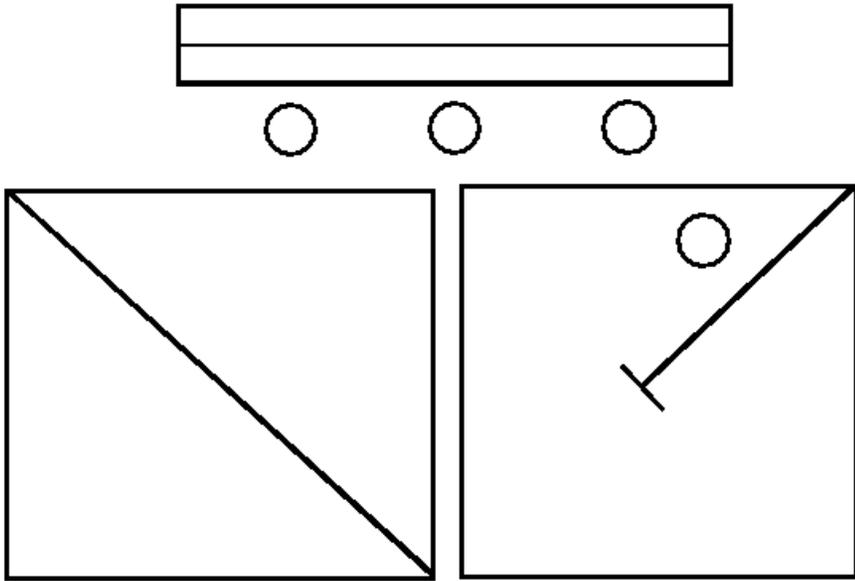
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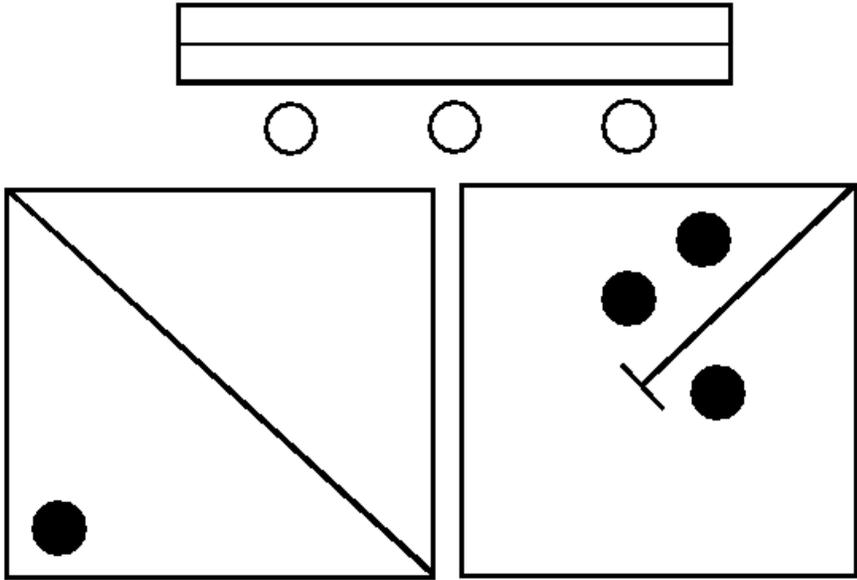
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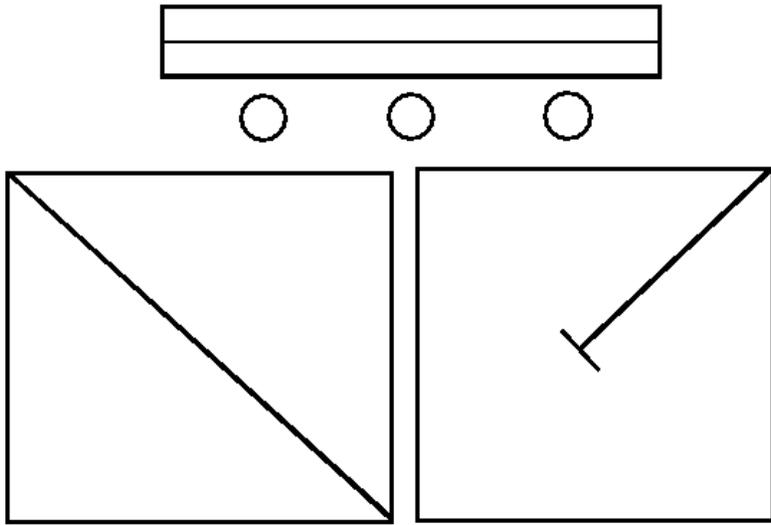
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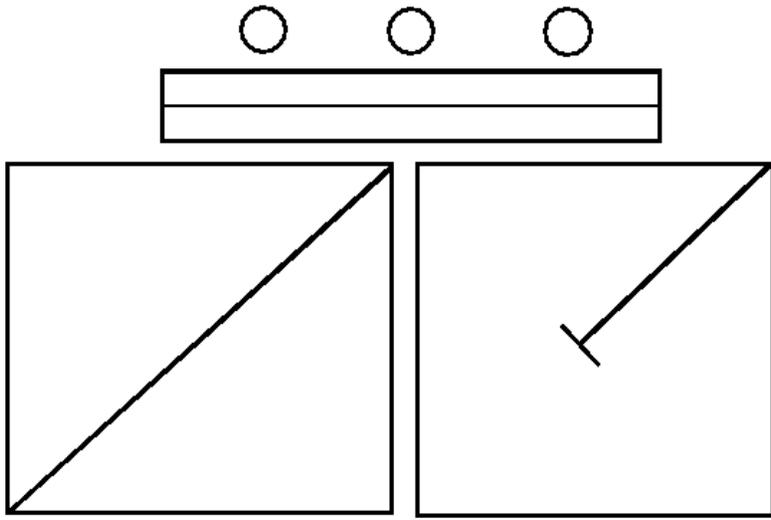
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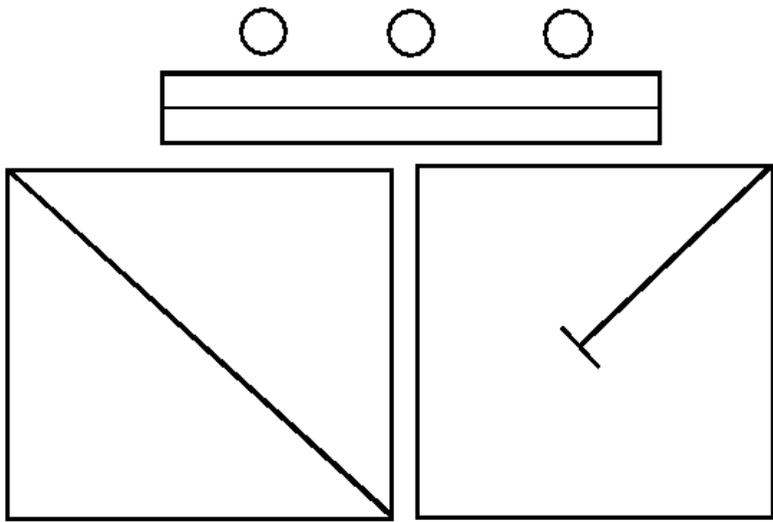
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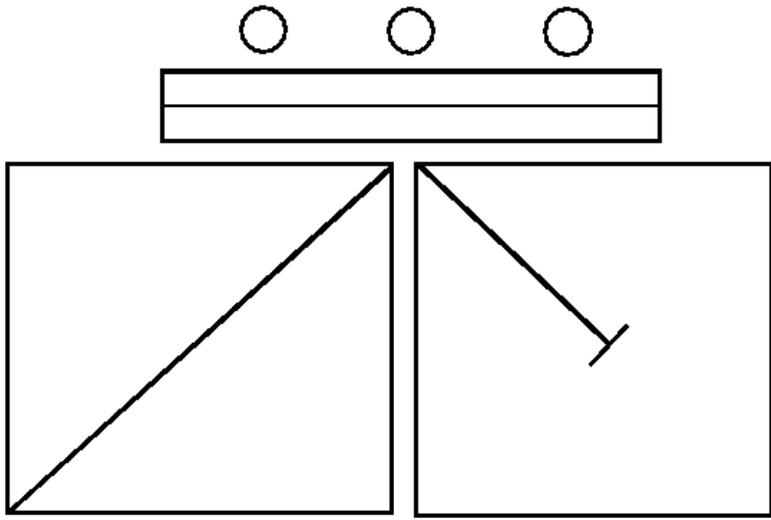
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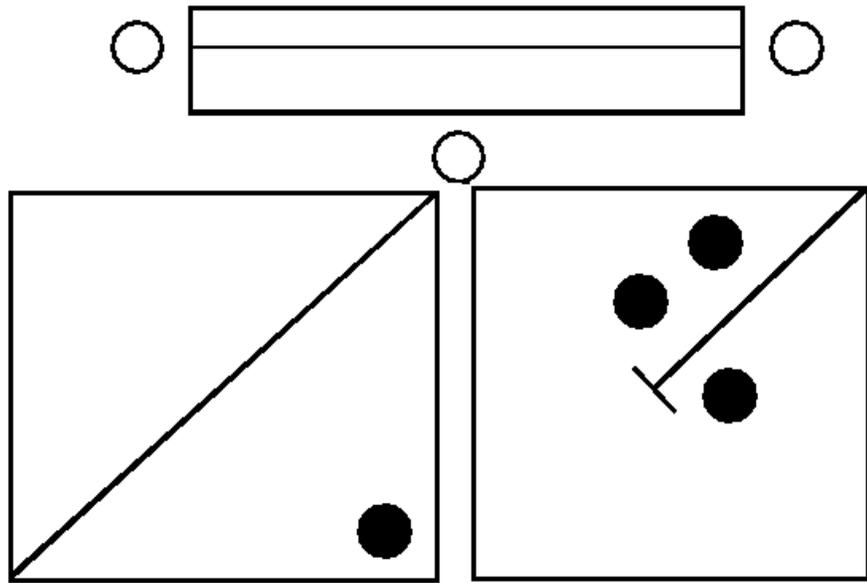
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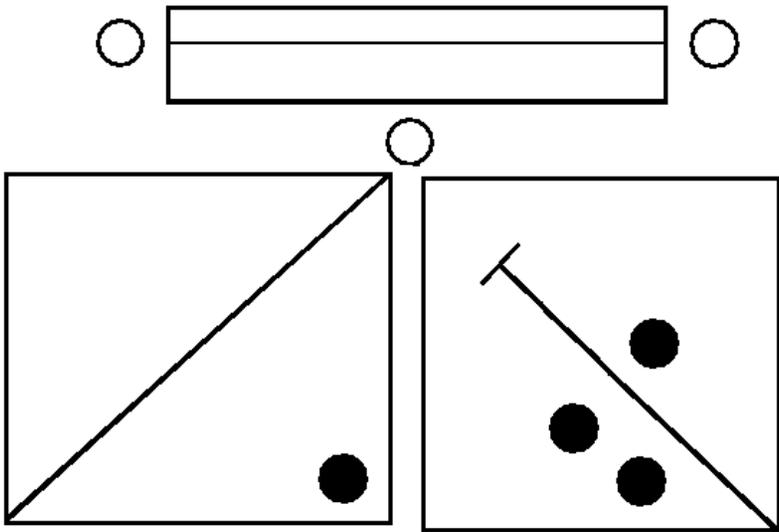
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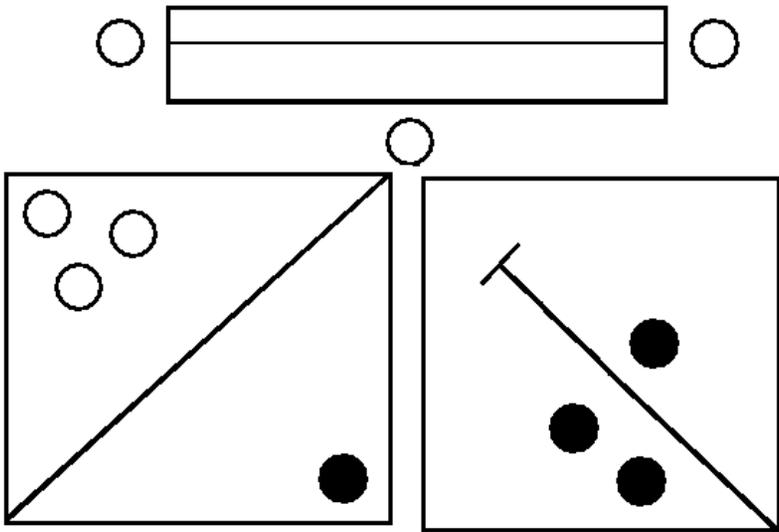
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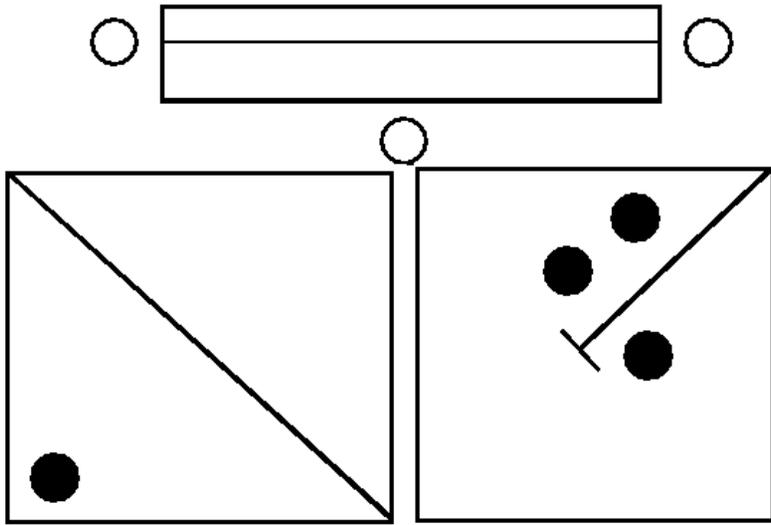
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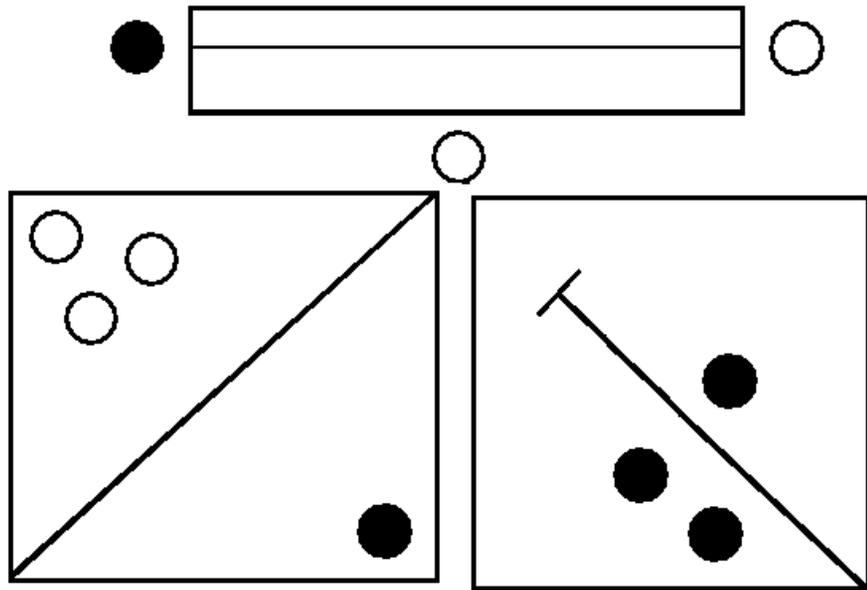
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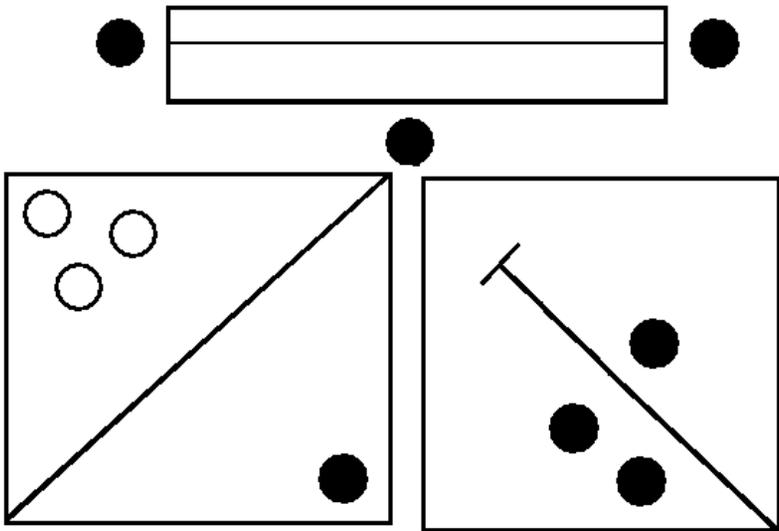
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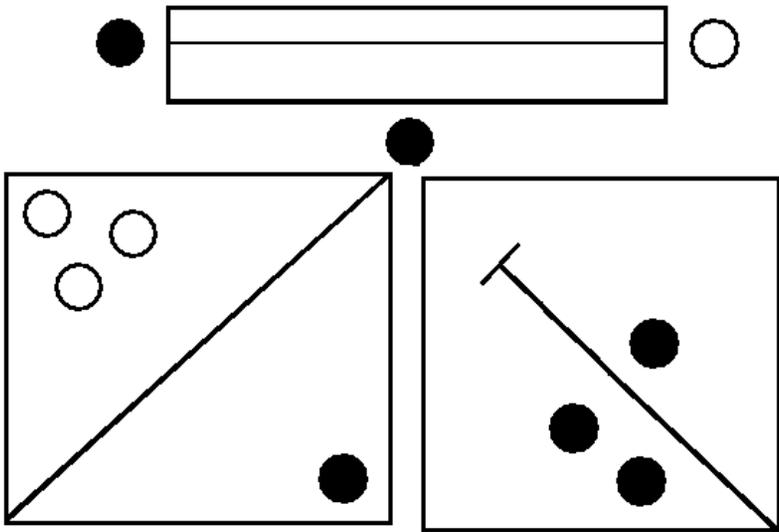
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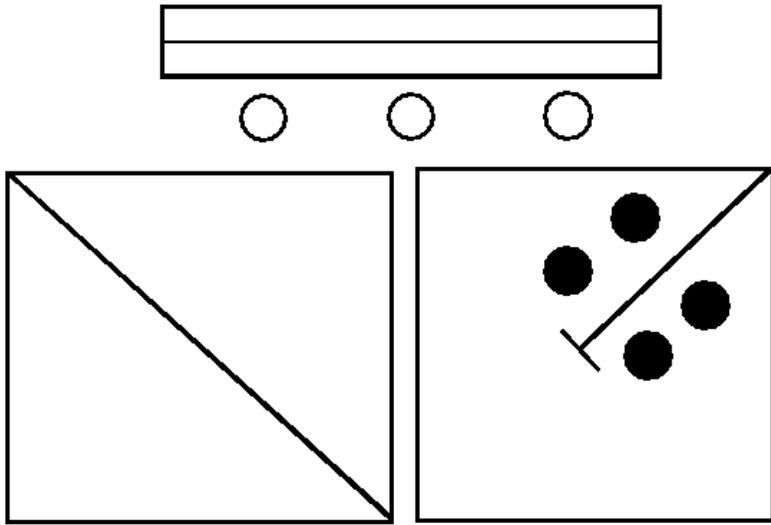
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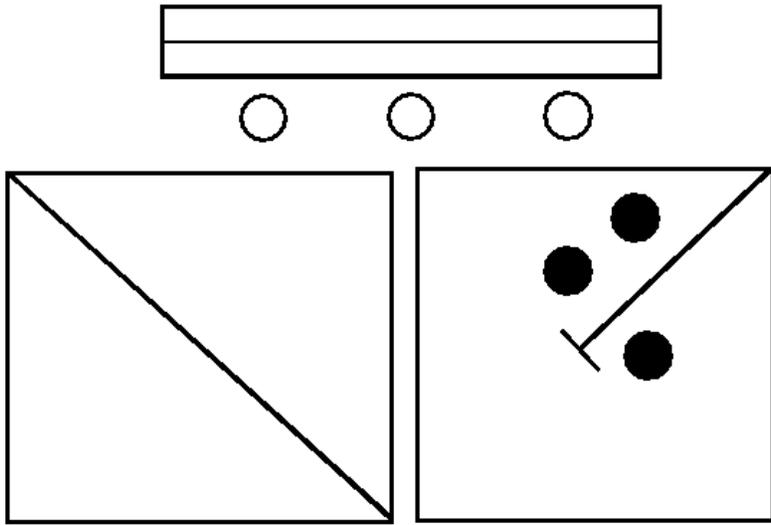
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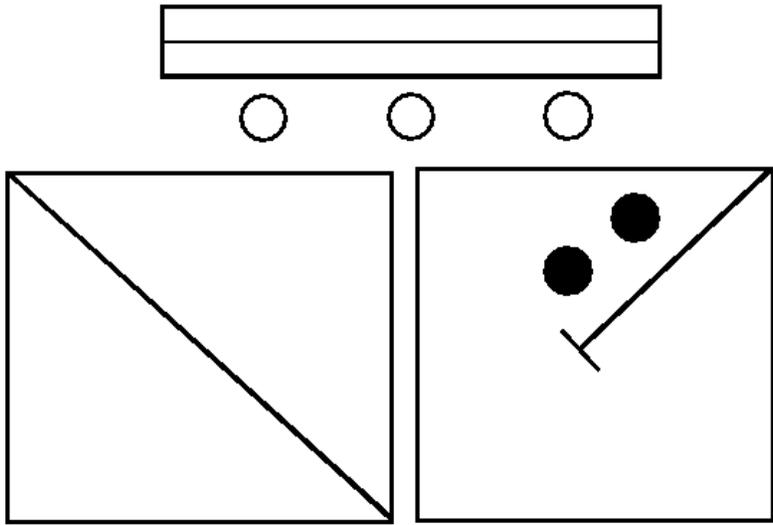
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