

When It Slips Right Out

Track the moments things fall out of your head, and catch the most costly ones.

WHEN TO USE THIS

Use this over a couple of days when forgetting has been getting in your way.

Each time something slips your mind, note it here.

WHAT YOU FORGOT	WHAT WAS GOING ON

Look at the right column. What was usually happening at the time?

Rushing, tired, talking to someone, on the phone.

Which of these actually cost you something? Which were harmless?

For the costly ones, what could catch them in the moment?

Say it out loud, write it on your hand, send yourself a message.

A memory that drops things is not carelessness. It is worth working around, not arguing with.