

USE YOUR MEMORY TO FEEL GREAT ANYTIME, ANYWHERE

Write down your best 10-30 memories of all time (constantly update them as new memories come into your life). Then mentally pin them in specific places in your home or wherever you want.

[Here are a few examples from Dr. Amen.](#)

Here are 3 of my favorite memories:

- 1. Marrying Tana and our honeymoon, which continues to this day*
- 2. Being completely in love with our dog, Aslan, and cat, Miso*
- 3. Helping my dad get well at the age of 87 and sharing his amazing story with the world*

Walking through my home, here is how I pin these memories to specific places using action and exaggeration.

- 1. Front door – Carrying Tana across threshold, while she pleads for me not to drop her. I almost dropped her when we practiced our wedding dance the night before we were married. We still laugh about it.*
- 2. In the foyer – Aslan and Miso are always there to greet me when I come home, looking for love. Well, Aslan is always there, wagging his tail; you never know about a cat.*
- 3. In the living room to the right of the foyer – My 88-year-old dad is in his workout clothes, doing jumping jacks, getting ready to go to the gym to lift weights. He once did a 6-minute plank, completely dominating me. I wimped out at 3 minutes but was so proud of him.*

Now it's your turn!

