

# Memorization Tips:

1. Organize your text into chunks. And before you start trying to memorize by rote (repeating over and over), really look at the ideas in that chunk and think about them, know what the ideas are. You could print out your speech onto separate pages, one paragraph per page. Label each paragraph with its subtopic. Also, try to associate pictures with each subtopic or concept.
2. Now, get up. Make your body move when you're ready to memorize by rote. If you have to sit, sit up straight and on the edge of your chair while you memorize. Or, try standing and even walking when you memorize each portion of your speech. **Recite out loud.**
3. It's never too soon to relax. While you are reading and/or pacing, remember that you can really only remember it all if you are relaxed. Being relaxed is not being sleepy by the way; there's a difference. You can be active and relaxed at the same time.
4. Try writing it out. Just like standing when you recite, writing out your speech is more active to just sitting and reciting in your head. Writing is physical.
5. Some speakers find they can remember their speeches much better when they recite to a tune. Imagine a holiday song or your favorite song or nearly any memorable song and recite your speech to that tune. You may find that it works for you. Don't forget the ideas though. That is, don't ONLY memorize by rote.
6. Find a distraction-free place to practice all of these techniques.
7. Not only do you need to break your speech into chunks, also spread out your memorization on your calendar. Starting early is really important. Let this be the time you don't procrastinate. It'll feel fantastic to not put things off.