

How To Get Words 'Off' Your Mind

If there is any word or name you'd like to get off your mind, here is a way to do so:-

- 1) Think of the initial letter of the word/name you'd like to get 'off' your mind.
- 2) On a piece of paper, or in a booklet, you'll regularly know the whereabouts of, write down the initial letter on its own.

Having done this whenever you try thinking of the word/name you'll only be able to think of its initial letter, and therefore NOT the full word/name itself.

Each time you want a different word/name off your mind you will have to go through the Exercise above – even if you have used the same initial letter before.

If ever you'd, by chance, want a word back on your mind just look for where you put its initial letter only, and next to it write out the rest of the word.

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