Let's try one. Do not turn the page upside down until you've tried this exercise. Consider the following fraction:

$$\frac{378}{126}$$

See if you can figure out three reasons for putting 378 on the top and 126 on the bottom. Think about it. What are some differences between the number (or numbers) on top and the number (or numbers) on the bottom?

Have you come up with some reasons? If you have, then turn the page upside down and look at some possible reasons. If you have difficulty finding three reasons, try for a few more moments, then look at the answer.

The following solutions are three possible reasons why 378 is on top and 126 is on the bottom: (1) the number 378 is on top because it is a larger number than 126; (2) the number 378 is on top because it contains two odd numbers while the number 126 only contains one odd number; and (3) the number 378 is on top because when I spell out 3, 7, and 8 I find they are all five letter words, but when I spell out 1, 2, and 6 I find they are all three letter words—since five is greater than three, let's put the larger words on top. These are three suggested reasons. Are there more solutions?

Whatever you do, if you did not come up with three reasons, do not allow yourself to slip into the vicious belief cycle! After all, you probably didn't ride a bicycle perfectly or drive a car like a pro the first time you tried.

Before you read further than this paragraph, extend your practice with this exercise by making up some other fractions. Invent some similar fractions, each with their own solutions. This will help you expand your mind. It will exercise your creativity skill.

Then, when you feel you've done enough of that, try this next exercise. Again, do not turn the page upside down until you've finished the exercise.

Consider at least three ways in which these items are different from each other and then consider three ways all three items are alike. A bottle, a glass, and a bowl.

Think about it. Don't give up too quickly. When you are ready, turn the page upside down and read the solution.

Three possible ways the items are different: (1) one is a bottle, another is glass, and the third is a bowl; (2) one contains beer, another contains water, and the third contains soup; and (3) one contains a cold liquid, another contains a liquid at room temperature, and the third contains a hot liquid. Three possible ways they are alike: (1) they are all containers; (2) they all contain liquids; and (3) they all are round (of course unless a square glass was used!). Are there other differences and similarities?

When I was solving the last exercise I saw mental pictures of the three containers as I was searching for solutions. That means I was visualizing. As represented in earlier chapters, I see visualizing as a very important tool in improving my memory.

But even more, I was *creating* pictures of the three objects. That's what visualization is. It's creating pictures. I was imagining three objects side by side I had never seen side by side before. I was combining three elements into a new whole. See, even visualizing the simplest of things gives me an opportunity to exercise my creativity skill!