



Total Memory Workout

Step 7: Remember the people you meet Memorcises

1. Practice the techniques described in this step to help you learn and remember the following names:

Fred Lovett
Susan Klapper
Nicole Coyne
Lolly Mitchell
Steven Kimmel
Chris Barnes

Start thinking about which technique you prefer.

2. You can make name worksheets on your own. Cut several small photographs out of a newspaper and glue them to a separate piece of paper. Then photocopy the sheet of paper so you have several copies. On one sheet write the names of the individuals under their photographs. The other sheets should include only the photographs *without* the names. You can then study the names and faces on the first sheet and use the additional sheets to test your name recall. It's a great way to continue practicing your memory habit in an unpressured way.
3. Think of five people you've met recently whose names you'd like to remember. Write them down below. Next, come up with a way of remembering them more effectively by applying your favorite memory technique.

Name	Technique