

# Memory jogger

This memory jogger list is a really useful way to prompt your memory to come up with new names; it helps to really open the mind and get you thinking about people you may know from all walks of life.

## **FAMILY, FRIENDS AND ACQUAINTANCES.**

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### **Anyone you come into contact with or see in a social or leisure environment**

- |                     |                              |                            |
|---------------------|------------------------------|----------------------------|
| + Grandparents      | + Cousins                    | + Married friends          |
| + Parents           | + In-laws                    | + Single friends           |
| + Parent's friends  | + Partner's family           | + Workout friends          |
| + Brothers          | + Partner's friends          | + Vacation friends         |
| + Brother's friends | + Children's friend's family | + Church members           |
| + Sisters           | + Old school friends         | + Greeting card list       |
| + Sister's friends  | + College friends            | + Neighbors past & present |
| + Aunts and uncles  |                              |                            |

## **WORKPLACE.**

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- |                        |                |             |
|------------------------|----------------|-------------|
| + Co-workers           | + Current boss | + Clients   |
| + Past co-workers      | + Past boss    | + Customers |
| + Partner's co-workers | + Employees    |             |

## **WHO DO YOU KNOW THAT IS...**

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- |                     |                |                      |
|---------------------|----------------|----------------------|
| + Good communicator | + Successful   | + Enthusiastic       |
| + People person     | + Confident    | + Dissatisfied       |
| + Hard working      | + Outgoing     | + Looking for change |
| + Honest            | + Caring       | + More deserving     |
| + Reliable          | + Professional | + In between jobs    |
| + Happy             | + Open-minded  |                      |
| + Fun               | + Positive     |                      |