



# REMEMBERING NAMES

## How to Practice Remembering Names

FACES are pictures, NAMES aren't necessarily pictures.

- Look at an outstanding characteristic on the person's face, like beautiful hair, nose, cheeks, chin, eyes or something very unusual. For example a wart on their chin, but don't tell the person you are using that.
- Then to recall, look at the person and ask the question, "What do I notice and sure enough recall the beautiful characteristic on that person's face."
- Next you need to make the name a visual picture. Some names are easy that are already visual pictures. For example, Rose, you can see the rose flower, Mark you can see a check mark, Pepper, you can see a pepper shaker, Jean, a pair of blue jeans, Casper you can see the friendly ghost.
- Those are easy. You could see roses growing in Rose's beautiful hair.
- Mark you can highlight his brow with a check mark. Pepper is wearing pepper shakers as earrings. Casper could be petting his bald head.

Not everything is already an image so you have to make a word into a visual picture to make it tangible. Tangible is anything that you can see, taste, touch, hear or smell. The word tangerine sounds like tangible. You can taste the tangerine fruit, see it, smell it, feel it and if you squished it you could hear it. This is a great example. To make a word tangible think of a sounds like. For example Jacqueline you could see the card a Jack of clubs or you could see the game "Jacks." This is lesson five on my Mp3's so I'll make this as simple as possible.

Cary you could see carrots. Cary could be eating carrots with her beautiful lips.

Marsha you could see marshmallows growing out of her hair.

Angel you could see Arch Angel Michael kissing her beautiful cheek bones.

Catherine you could see a cat rubbing its face on an outstanding characteristic.

These are a few examples. I invite you to watch my videos at [BrainSproutsMemory.com](https://www.brainsproutsmemory.com).

FREE 30-minute consultations are available to schedule on my calendar link.