
HOW TO REMEMBER NAMES

1. Pay attention when you are introduced to someone. The first trick to remembering a name is to care that you are learning it - and focus.
2. Memory is connected to emotion. The stronger the emotion, the stronger the memory. (Caring is a form of emotion and is tied to other emotions. If you exert a little emotion, you'll remember it longer.)
3. **A few minutes after you meet the person, say his or her name to yourself several times.**
4. Picture their name written on their forehead: Franklin Roosevelt continually amazed his staff by remembering the names of nearly everyone he met by using this method. This is a particularly powerful if you visualize the name written in your favorite color.
5. Ask how to spell a difficult name, or glance at the spelling on the person's business card or nametag. If you know the spelling of a word and can picture it in your mind, you'll remember it better.
6. Write down the new name three times while picturing the person's face; do this as soon as possible after meeting someone. If you can't write it down right away, neural linguistic programming experts suggest writing the name by moving your finger in micro-muscle movements as you are seeing the name and saying it to yourself.
7. **Connect a name to a common word you will remember. For example, the name Salazar could sound like 'salamander' or 'bazaar' or 'sell a jar' then picture that common phrase with the person. (Ex: picture in your head Ms. Salazar selling a jar at a marketplace).**
8. **Connect a person's name with a familiar image or famous person. If a woman's name is Jacqueline, picture her as Jacqueline Kennedy Onassis in a pink suit and pillbox hat.**
9. **Make a connection to the person's hobby or employment. 'Bill the pill' might help you remember the name of your pharmacist, for example.**
10. **Try to use the name a few times during your conversation. Use it when you first meet, when you ask a question or in your departure, e.g., "Daniel, it was a pleasure talking to you." You don't even need to say the name out loud each time. Sometimes say it to yourself at the end of a sentence (though people love to hear their own name).**

IF YOU SEE THE PERSON AGAIN AND YOU DON'T REMEMBER HIS NAME:

- Look delighted to see him and extend a warm "Good to see you again," and then find out the name from a friend or the guest list later.
- Or, with the same warmth, use the direct approach: "I remember you well, but your name has slipped my mind." Then tell them yours again, as they very well may have forgotten yours.