

Expand Your List.

MEMORY JOGGER

Between your cell phone and the Memory Jogger, you want to make a list of at least 75-100 people that you know locally. If you know their phone number off the top of your head, that's even better, but you can always go back and look that up after you finish. To help you round out your list, you can even use the Yellow Pages as a Memory Jogger; you simply start with the letter 'A' and ask yourself, "Who do I know who is an Accountant? Beautician? Carpet Cleaner? ETC. Do not pre-judge! Just empty your brain out on paper..

Who do you know that is a...

- Aerobics Instructor _____
- Airline Employee _____
- Attorney _____
- Barber _____
- Beautician _____
- Business Owner _____
- Cashier _____
- Caterer _____
- Chiropractor _____
- Dentist _____
- Dietician _____
- Doctor _____
- Educator _____
- Engineer _____
- Executive Assistant _____
- Financial Planner _____
- Florist _____
- Fundraiser _____
- Insurance Salesperson _____
- Interior Decorator _____
- Limo Driver _____
- Massage Therapist _____
- Nurse _____
- Office Worker _____
- Orthodontist _____
- Physical Therapist _____
- PR Agent _____
- Project Manager _____
- Real Estate Agent _____

- Retired Executive _____
- Sales Rep _____
- Telemarketer _____
- Veteran _____
- Waitress _____

Who sold or services your...

- Alarm System _____
- Bicycle _____
- Bed _____
- Boat _____
- Books _____
- Bridal Gown _____
- Camera _____
- Camper _____
- Car _____
- Carpeting _____
- Clothing _____
- Computer _____
- Condominium _____
- Construction _____
- Copier _____
- Cosmetics _____
- Dry Cleaning _____
- Exercise Equipment _____
- Fence _____
- Formal Wear _____
- Fruit _____
- Furniture _____
- Gas _____
- Horse _____

Manicure _____
Mobile Phone _____
Mortgage _____
Motorcycle _____
Music _____
Mutual Fund _____
Office Supplies _____
Payroll _____
Pet Supplies _____
Photography _____
Piano _____
Pool _____
Printing _____
Quilting Materials _____
Refrigerators _____
Rental Equipment _____
Roofing _____
Secretarial _____
Stereo System _____
Shoe Repair _____
Sporting Goods _____
Tax Return _____
Tires _____
Tools _____
Travel _____

Other people...

Parents/Grandparents _____
Brother/Sister/In-Law _____
Aunts/Uncles/Cousins _____
People from work _____
Past jobs _____
People grew up with _____
High School Friends _____
College Friends _____
Play sports with _____
Next-door neighbors _____

Vitamins _____
Water Filter _____

Who do you know at or from...

Bingo _____
Book Club _____
Bowling _____
Camp _____
Child Care _____
Church _____
Chamber of Commerce _____
Clubs _____
Government _____
Garden Center _____
Golf Course _____
Health/Fitness Club _____
Hospital _____
Hotel _____
Night Club _____
Pharmacy _____
Restaurant _____
School _____
Supermarket _____
Tennis _____
Volunteer Group _____

Parents of kid's friends _____
Children's teachers _____
Minister/Pastor _____
Military Friends _____
Fraternity/Sorority Friends _____
Bridesmaids _____
Bridge Players _____
Mailman/UPS/FedEx Driver _____
Other networkers _____
Vacation friends _____
Youth Group Leaders _____