



MEMORY TECHNIQUES · NAMES

# Names & Faces Practice Pack

Names slip because they carry no built-in meaning. This pack gives your brain a hook — with a simple four-step method, drills and a practice sheet.

4-step method

Drills & worksheet

Beginner friendly

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For entertainment & general wellness — not a medical app.

by Cleanor · [everymemory.app](https://everymemory.app)

## WELCOME

# The four-step method

A name is an arbitrary label — there's nothing about a face that says "Margaret". The fix is to give the name something to attach to. Do these four steps the moment you meet someone, and most names will stick.

1

### Hear & repeat it

Say the name back: "Nice to meet you, Margaret." You can't recall what you never clearly heard.

2

### Pick one feature

Choose a single distinctive thing — kind eyes, curly hair, a warm laugh.

3

### Build a picture

Link the name to that feature in a vivid little image. Odd and exaggerated sticks best.



### Use it once more

Use the name again before you part — "Good to meet you, Margaret." That extra use is often what locks it in.

## PRACTICE

# Three quick drills



### NAMES

## Five names, five faces

- 1 Find five photos of people whose names you know (a magazine, a family album, or your phone).
- 2 For each: say the name aloud and pick one distinctive feature.
- 3 Build a vivid image linking the feature to the name.
- 4 Shuffle the photos, test yourself, and repeat any you miss.



### ASSOCIATION

## Name to picture

- 1 Take five first names you'd like to remember.
- 2 Turn each into a picture: "Rose" → a red rose; "Baker" → someone baking bread.
- 3 Place that picture on the person's most distinctive feature.
- 4 Cover the list and recall each name from its image.



## SPACING

### **The three reviews**

- 1 After meeting someone new, recall their name after a few minutes.
- 2 Recall it again at the end of the day.
- 3 Recall it once more the next morning.
- 4 Three spaced reviews move a name into longer-term memory.

## WORKSHEET

# Your practice sheet

Fill this in for people you meet this week.

Name	One distinctive feature	My picture / link	Got it?

## HABIT

### Make it stick

I repeated the name out loud when we met

step 1

I picked one feature and made a picture

steps 2–3

I used the name again before parting

step 4

I reviewed the name later the same day

spacing

## PUT IT TOGETHER

### A 5-day mini plan

1. **Day 1** — learn the four steps and do the “five names, five faces” drill.
2. **Day 2** — practise turning ten names into pictures.
3. **Day 3** — use the method on three real people you meet or call.
4. **Day 4** — review everyone from days 1–3 from memory.
5. **Day 5** — fill the worksheet for a week of new names and keep going.



**A name sticks when you give it a picture and a place to live — on the face in front of you.**

**The association principle**



## Practise names & faces in the app

EveryMemory includes a dedicated names-and-faces workout, plus daily games for recall and focus — about ten minutes a day.

**Start training →**

[everymemory.app](https://everymemory.app)



**EveryMemory**

Created by EveryMemory — daily brain-game habits by Cleanor. Free guides & workbooks to help you stay mentally active, just for fun.

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