



The Actor's Dream #11 Documents

Names and Faces:

Remembering Names and Faces is a similar process to memory palace/loci. You are still connecting an image to a location, only the location is no longer an interior location, but the surface of a person's face. There are several easy steps to the process of connecting a name to a face:

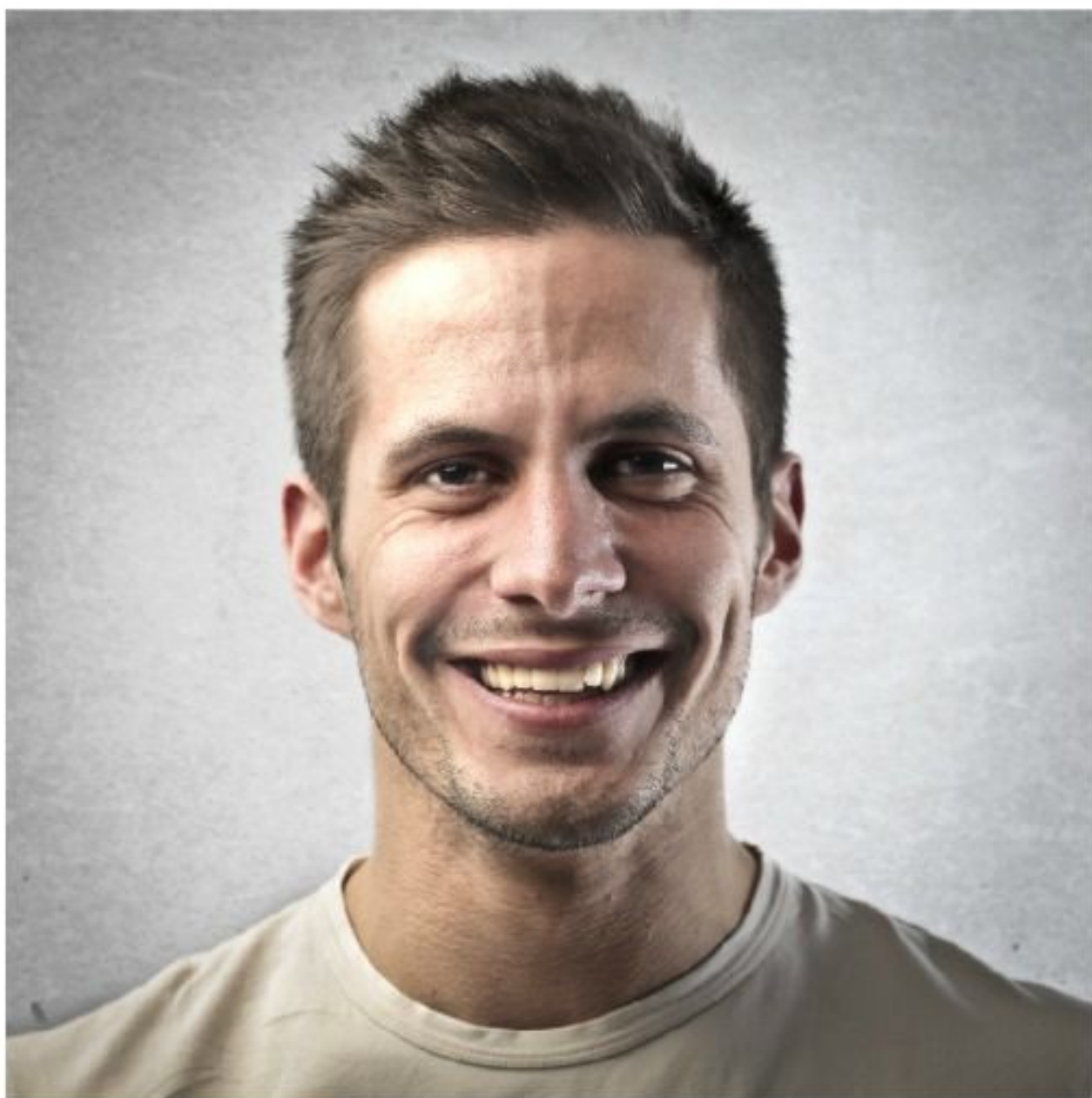
1. Actually *get* the name first. When introducing yourself, sincerely intend to capture/listen to their name when given.
2. Convert their name to an image.
3. Identify a recognizable/memorable facial feature (i.e. unibrow, scar, curly hair, tattoos, jewelry, teeth, nose, lips, eyes, etc).
4. Connect the image you've created for the name with the facial feature "location."
5. Practice on the 10 names/faces included in this doc.
6. Start building your "name/face" database. The more proactive you are, the less you'll have to come up with an image in the heat of the moment. Ideally, if you've prepared and practiced enough names (which you can use over and over and over again), you will have the image "at the ready" when meeting anyone. Use the attached spreadsheet to start your own! Add, edit, delete as you see fit! Try to add 5 new names/day and see how many you can accumulate!





















Legend:

1. Angela
2. Betty
3. Lynn
4. John
5. Keith
6. Lydia
7. Emily
8. Peggy
9. Matt
10. Jack