

MEMORY JOGGER

Helpful reminders to help you create your Resource List

**This exercise is simple but it is important not to prejudge who should and should not be on your list.
It's simply a list for now.
Just follow the directions below.**

1. Go to http://www.thetotalwellnessdoc.com/?attachment_id=3626 and click on the link **Developing your Resource list**. This link has 13 pages of important resources.
2. Print out your Resource List. Fill in the sheets or some people prefer to use their own lined notebook or yellow pad.
3. Spend 30 minutes writing down as many names as you can think of using your Memory Jogger.
4. Take a break no more than 24 hours.
5. Spend another 30 minutes filling in names and information.
6. Take a break no more than 24 hours.
7. Keep your list with you everywhere you go. Use Facebook, yellow pages, info from friends to collect addresses, emails, etc. If on Facebook, put the Facebook's name (link) in the address section next to their name.
8. Highlight or put a star next to those you feel would be a good fit for your Products or Business. Maybe they are already health conscious, use natural products, seek natural health care like Chiropractic, Yoga or massage, have a large circle of influence, are sociable, love helping others, need to make extra income, are driven and successful already.

MEMORY JOGGER

Circle of Influence

Address Book
Business Cards
Christmas Card List
Neighborhood List
College Friends
Co-workers; Former co-workers
Teachers

Relatives

Parents Grandparents
Brothers Grandchildren
Aunts
Nieces
Nephews
Sisters
Uncles
Cousins
Father-in-law
Mother-in-law
Brother-in-laws
Sister-in-laws
Other in-laws
Grandparents
Grandchildren

WHO IS/ARE MY?

Accountant
Association members
Auto mechanic
Bowling Team members
Favorite Waitresses
Favorite Waiters
Computer Tech
ISP Support Person
Fishing buddies

Florist
Friends
Housekeeper
Bus driver
Car salesman
Card group
Child Care Provider
Children's friend's parents
Church members
Club members
Convenient Store Manager
Co-workers
Delivery Person
Dentist Office employees
Doctor's Office employees
Donut Shop Manager
Dry Cleaner
Fed Ex Driver
Fireman
Insurance Agent(s)
Jeweler
Lawyer
Leasing Agent
Mailman
Maintenance Person
Minister(s)
MLM friends
Neighbors
Optometrist
Paperboy
Pharmacist
Police
Property Manager
Real Estate Agent
Pet Groomer
Retired Coworkers
Retired Friends
Retired Relatives
Bottled Water Supplier
Coffee Supplier
Florist
Sports Team members
Supermarket managers
Tailor
Hairdresser
Truck Drivers

UPS Driver
Veterinarian
Barber
Day Care Owner
Hunting buddies

WHO SOLD ME MY

Appliances
Boat
Business cards
Camper
Car
Computer
Craft Supplies
Fishing license
Fishing Bait
Furniture
Glasses/contacts
House
Hunting license
Office
Equipment/Supplies
Telephone/Cell Phone
Tires and Auto Parts
Sony® Playstation
Stereo
Vacuum cleaner
Wedding items

I KNOW SOMEONE WHO IS A

Antique Dealer
Art Instructor
Avon Rep
Bank Teller
Bus Driver
Carpenter
Chiropractor
Contractor
Dietitian

Editor
Electrician
Fire Chief
Fisherman
Garage Mechanic
Golf Pro
Interior Decorator
Lab Technician
Librarian
Lifeguard
Model
Motel Owner
Music Teacher
Notary Public
Nurse
Office Manager
Pilot / Stewardess
Printer
Restaurant Owner
Seamstress
Secretary
Security Guard
Sheriff
Student
Tupperware Rep
Waitress
Welder
Realtor

**I ALMOST
FORGOT ABOUT...
SOMEONE I KNOW
THAT**

Cuts My Grass
Delivers Parcels / Packages
Dry Cleans My Clothes
Goes Bowling with Me
Hung My Wallpaper
Is in My Book Club
Is in Rotary, Lions
Is My Baby-sitter
Is my Barber/Hairdresser
Is my Former Boss
Lives Next Door

Owns My Apartment
Painted My House
Repaired My TV
Sells Ice Cream
Sells Me Gasoline
Teaches Ceramics
Teaches My Kids
Was in my Car Pool
Was my Best Man
Was My Maid of Honor
Was My Navy Buddy
Was my Photographer
Was my Professor
Was My Teacher

**THIS IS TOO
MUCH FUN TO
STOP NOW**

Judges
Fast Food Chain Employees
Hotel Managers
Motel Managers
Emergency Medical Service
Farmers Agriculturalist
Conservation Officers
Gas Stations
Monument Business
Funeral Director
Grain Operators
Elevators
Landscapers
Title Agent
Speech Therapist
My Distributor
My Bank Teller
The Scuba Instructor The
Karate Teacher
The Piano Teacher
My Landscaper
The Coffee Shop Group
The Cub Scout Leader
Taxi Driver
My Garbage Man/Woman

