

How to Remember Names INSTANTLY and Never Forget Them: *Using the CGI Technique*

By [John Graham](#)



Also included...

BONUS #1 - Images for 50 Most Common Names

BONUS #2 - Test Your Ability to Remember Names

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I'm [John Graham](#), USA memory athlete and memory expert.

In this ebook I will teach you how to remember names instantly and never forget them using my **CGI Technique**.

I used to have a terrrrrible memory. I would go up to meet someone new, they'd tell me their name and as I was shaking their hand I would have already completely forgotten their name! I did this for years.

I used to be so shy because of this. I had no confidence and it probably showed. I thought people were either good at remembering names or they were bad at it...and I was bad at it.

A few years ago I read a book about powerful memory techniques and how average people used these techniques to remember everything. Some even competed in memory competitions. So I gave it a try.

Within a few months I was competing at the World Memory Championship in China. There, I met the best memories in the world.

The crazy thing is, not a single one of these memory athletes had a photographic memory. They all had learned and studied these powerful, ancient memory techniques. Techniques that haven't been taught in schools for hundreds of years. They could do incredible things, like memorize thousands of numbers in an hour or a shuffled deck of cards in under a minute.

Since becoming a memory athlete, I can remember names with almost 100% accuracy. Even when meeting 10+ people at the same time.

At the USA Memory Championships, I memorized 97 names & faces in 15 mins.

As a substitute teacher I've used the CGI technique to memorize names of 30+ students while taking attendance. Not gonna lie, it kinda freaked them out.

Imagine you are able to remember everyone's name you've ever met. Imagine seeing someone's name magically appearing on their forehead whenever you see them.

After reading this ebook, you will learn how to instantly remember people's names. No more digging around your brain, no more being shy around new people, and no more forgetting. With the CGI Technique their name will literally be right on their face.

Let me show you how...

What is the CGI Technique?

In the movie world, CGI stands for computer generated imagery. CGI is what makes up the animated characters and environments in all the Pixar movies. It's also what transformed Jake Sully's character into his avatar in the movie Avatar.

Using the CGI Technique, you are going to create graphics and imagery with your mind and imprint those images on people's faces so you will always remember their name.

There are 3 Steps to the CGI Technique:

1. **C**oncentrate
2. **G**enerate
3. **I**mprint

Step 1: Concentrate on getting their name

The main reason you fail to remember names is because you're not present and focused on the person/people you're meeting. You're there to remember their name!

Most times you've got monkey mind and you're thinking about all these different things. You're thinking about a conversation you just had or what you're having for lunch.

When you meet somebody, they should be your only care in the world in that moment.

Your only focus should be thinking "*What is their name?*"

Shake their hand and repeat their name.

So when you meet a woman and she says: "Hi, I'm Marcy."

You simply say "Marcy."

Then repeat it back in your head a few times.

"Marcy, Marcy, Marcy."

This repetition will put her name in your **short term memory**.

How do you store it in your long term memory so you never forget?

Step 2: Generate an image from their name.

When you hear someone's name, come up with an **image** of something that sounds like their name.

It needs to be something visual that you can picture in your mind, not something abstract like an emotion or a feeling.

If you can't think of something right away, think of a person you know with that same name (friend or celebrity).

Let's do some examples.

What images would you come up with?

Tyler

When I hear the name Tyler, it sounds like *tire*. So I think of a car tire.



Amy

Amy sounds like *aiming*, so I imagine a bullseye.



Barb

Makes me think of barbed wire.

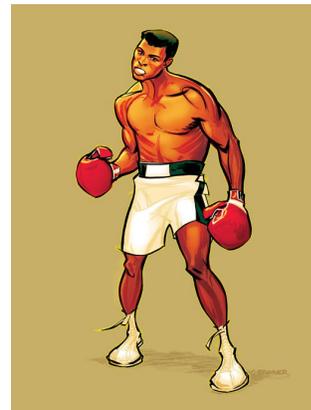
Barb =



Muhammad

I think of Muhammad Ali.

Muhammad =



If you came up with different images than me, that's perfectly fine. You're generating images that work for *you*.

Here's a tip:

When generating an image, *make it weird, gross, or just absurd*.
The crazier the image is, the easier it will be to remember.
Make images that don't even make sense! This will make them memorable.

Step 3: Imprint the image to a distinct feature on their head.

You already generated an image that reminds you of their name, so now imagine you're a graphic artist and you're imprinting that computer generated image onto their face. You're using CGI to imprint the image to their face.

Don't physically touch them! Just do this in your mind.

The best way to do this is to first examine their face.

What is the first distinct feature you notice?

Do they have freckles, a big nose, facial hair, thin eyebrows?

Chose an actual body feature, not an accessory like a hat, scarf, or earring. You want to make sure whatever distinct feature you choose will be on their face the next time you see them.

For example:



Here we have **Barb**. The first thing I notice about Barb is her curly hair.

If you remember from the the last step, the image I generated for Barb was barbed wire. Now, imprint the image of barbed wire on her curly hair (her distinct feature). Imagine Barb has curly barbed wire hair. See the sharp barbs getting tangled in her hair.



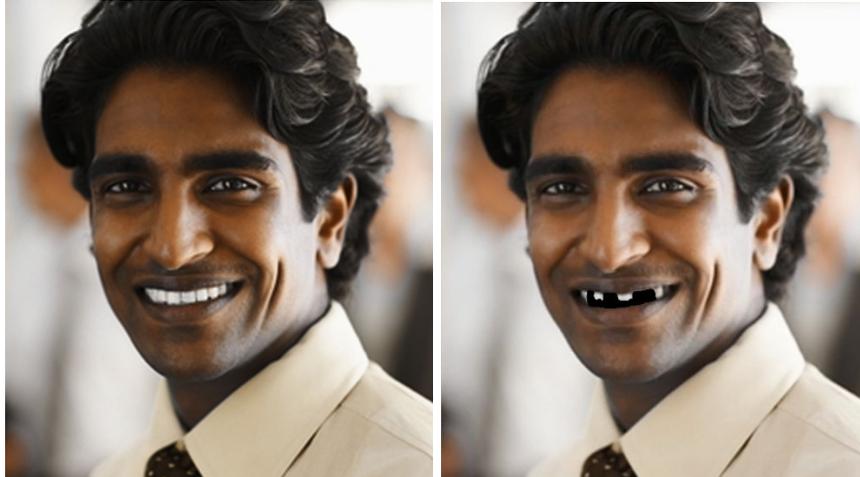
Here's **Tyler**. Tyler has really distinct eyes.

The image I generated for Tyler was a car tire. Now, imprint 2 spinning tires on his eyes. Image skid marks and smoke being generated on his eyes.



This is **Amy**. She has a really big nose.

The name Amy makes me think of aiming. More specifically, aiming at a bullseye. Now, imprint a bullseye on her nose and imagine shooting an arrow at her. See the arrow pierce right through the bullseye and her nose.



This is **Muhammad**. His bright teeth stand out to me.

Muhammad makes me think Muhammad Ali, so imagine Muhammad Ali punching his bright teeth and shattering them.



The next time you see these faces you'll see curly barbed wire hair, spinning tires on the eyes, a bullseye on the nose with the arrow sticking out, and Muhammad Ali punching and shattering the teeth.

And you'll also remember the names:

Barb

Tyler

Amy

Muhammad

You'll also remember John Graham, the memory guy who taught you the CGI Technique.

The CGI Technique will help you remember anyone's name if you:

1. Concentrate on getting their name;
2. Generate an image from their name;
3. Imprint that image onto a distinct feature of their face.

This is the system I use to memorize names with almost 100% accuracy.

Now it's your turn.

With the CGI Technique you will be able to instantly remember names and never forget them.

Now go out there and test your new superhuman ability!

A handwritten signature in black ink that reads "John Graham".

John Graham
USA Memory Athlete
MemoryJohn.com

BONUS #1

50 Most Common Names with Images

If you need more help generating images for names, these are 50 of the most common names along with a suggestion of an image to use for each name.

<u>NAME</u>	<u>IMAGE</u>		<u>NAME</u>	<u>IMAGE</u>
AMANDA	Turning into a man		ANTHONY	Ant on Knee
AMY	Bullseye & arrow aiming		BRIAN	Brain
ANGELA	Angel's halo		CHARLES	Charcoal
ANN	Ant		CHRISTOPHER	(Christ offer) Jesus offering
BARBARA	Barbed wire		DAN	Van
BETTY	Betting chips		DAVID	Statue of David
CAROL	Christmas Caroling		DENNIS	Tennis
DEBRA	Bra		DONALD	Donald Trump hair
DIANE	Dyin'		GEORGE	George Washington wig
DOROTHY	Door		JAMES	Jam
ELIZABETH	Lizard		JASON	Bluejay soaking up the Sun
HELEN	Mt. St. Helen erupting		JEFFREY	Giraffe
JENNIFER	Fur		JOHN	Toilet
JESSICA	Sucker		JOSE	Garden hose
KAREN	Carrot		KEN	Can
LAURA	Aura		KEVIN	Face "cave in"
LISA	Mona Lisa		MARK	Marker on face
MARGARET	Mars smoking a Cigarette		MATTHEW	(Math You) Math equation
MARY	Bride getting married		MICHAEL	(My call) hogging the phone
NANCY	Nun		PAUL	Pole
RUTH	Red tooth		RICHARD	(Rich chard) Chard holding money
SANDRA	Sand		ROBERT	Robber mask
SARAH	Sahara Desert		RONALD	Ronald McDonald
SHARON	Sharing something		STEVE	Stove
SUSAN	Snoozin'		THOMAS	Thermos

BONUS #2

Memory Test

Instructions:

The next 2 pages contain 32 pictures of faces, each with a first name.
You must memorize as many names and faces as possible in the next **10 minutes**.

After memorization you will have 10 additional minutes to write as many of the names as possible under the pictures.

Remember:

Convert their name into an image.
Find a distinct feature on their face.
Then, imprint that image to their distinct feature.

For example:



Sandra

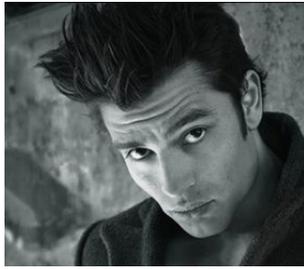
The name Sandra makes me think of sand.
To me, her distinct feature is her red lips.
Imagine sand getting stuck on her red lips.

Once you're ready, set your timer for **10 minutes**.

Ready, Go!



Angela



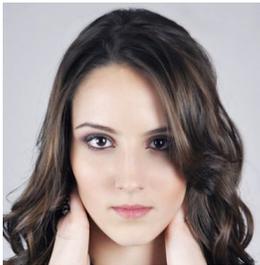
Rodney



Alexis



Jacob



Elaine



Marco



Julia



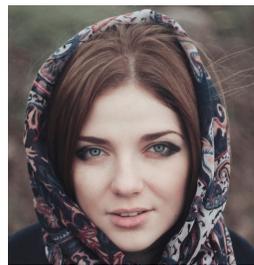
Rupert



Vera



Martin



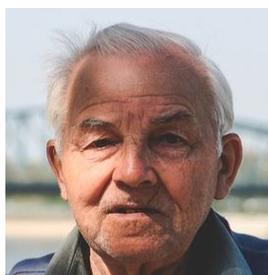
Anna



Christian



Joy



Richard



Mia



Orlando



Nicole



Miles



Layla



Bruce



Tina



Phillip



Justine



Jack



Olivia



Freddy



Sam



Tracy



Vernon



Liz



Michael



Suzie

RECALL

Instructions:

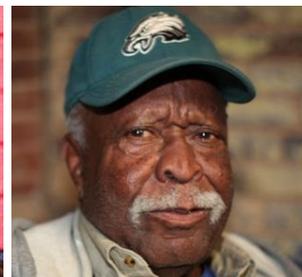
The same 32 faces have been rearranged in a different order on the next 2 pages.

You now have 10 minutes to write down as many names as you can remember.

Type the names in the fillable areas underneath the pictures (or write them out if you printed this).

Set your timer for **10 minutes**.

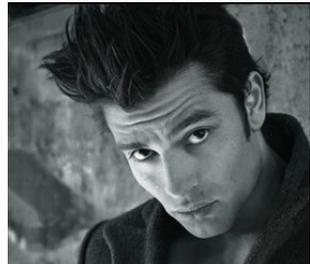
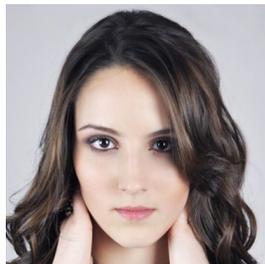
Ready, Go!











Count your score.

How many did you get correct?

Answer key

Page 14:

*Justine, Vernon, Liz, Christian
Tina, Orlando, Joy, Bruce
Alexis, Rupert, Nicole, Phillip
Julia, Michael, Mia, Marco*

Page 15:

*Anna, Sam, Olivia, Richard
Tracy, Martin, Angela, Jack
Vera, Jacob, Suzie, Freddy
Elaine, Miles, Layla, Rodney*

Your Score: _____ / 32

Score range:

- 0-6 Not good. Most people can remember this many without memory techniques.
- 7-12 Below average. Review the CGI Technique one more time.
- 13-18 Average. You should at least be in this range after learning the technique.
- 19-24 Above average. You're on your way to success!
- 25-30 Outstanding. This is an amazing score!
- 31-32 Future memory champion. Wow! Sign up for your country's next Memory Championship!