



**Hope & Heroes**

Columbia University Irving Medical Center

# Memory Jogger

Your network wants to **support your fundraising or join your team**...they just need to be asked! Use this worksheet to create a list of your contacts to make sure you are reaching out to everyone you know!

## Family

Parents \_\_\_\_\_

Siblings \_\_\_\_\_

In-Law's \_\_\_\_\_

Aunts/Uncles \_\_\_\_\_

Cousins \_\_\_\_\_

Nieces/Nephews \_\_\_\_\_

Grandparents \_\_\_\_\_

Children \_\_\_\_\_

## Friends

Friend #1 \_\_\_\_\_

Friend #2 \_\_\_\_\_

## Co-Workers

Co-Worker #1 \_\_\_\_\_

Co-Worker #2 \_\_\_\_\_

## Neighbors

Neighbor #1 \_\_\_\_\_

Neighbor #1 \_\_\_\_\_

## Places / People You Visit

Coffee Shop \_\_\_\_\_

Gym / Exercise Class \_\_\_\_\_

Insurance Broker(s) \_\_\_\_\_

Restaurants \_\_\_\_\_

Landscaper \_\_\_\_\_

Bank \_\_\_\_\_

Pharmacist \_\_\_\_\_

Nail Salon \_\_\_\_\_

Hair Salon/Barber \_\_\_\_\_

Dry Cleaner \_\_\_\_\_

Accountant \_\_\_\_\_

Doctor / Dentist \_\_\_\_\_

Vet/Pet Groomer \_\_\_\_\_

Mechanic \_\_\_\_\_

Teacher/Professor \_\_\_\_\_

Place Of Worship \_\_\_\_\_

Local Grocery Store \_\_\_\_\_

## Others To Try

- Your School and Classroom
- Clubs/Groups You Are A Member Of
- Profit Shares At Local Restaurants
- Your Union
- Kid's Sports Teams or Activities
- Create a list of people who ask you to donate to them