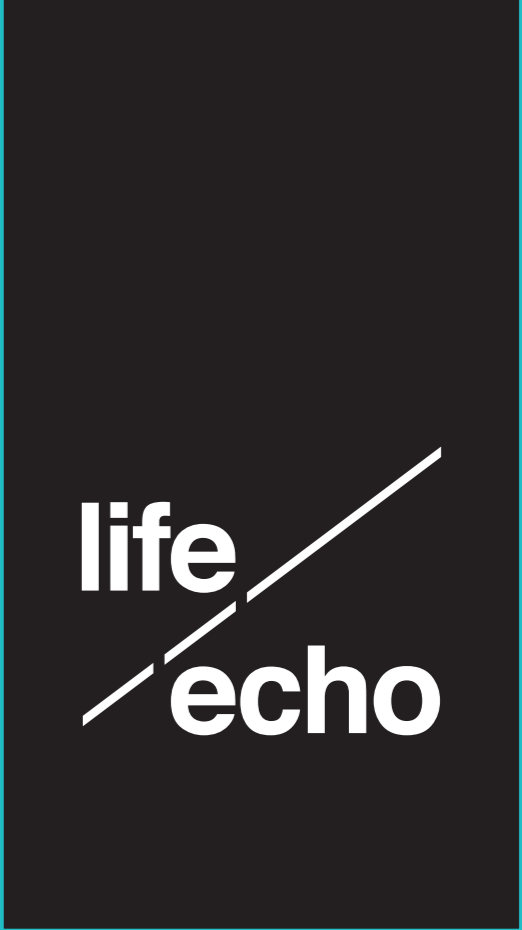


2

Where do you want to go?

Mark on the maps places you would like to live and visit. Imagine some positive memories you will have in those places.

Location	Future memory



Memory Anchor

What is your next happy memory?

Describe the sounds you would like to hear in the future?

Describe a place you would like to visit?

Describe a friend you will have in the future?

Describe a future turning point in your life.

Describe a room from your future.

What will become your favourite food?

Your Memory Anchor

It is not a test and there are no right or wrong answers. This is an imaginative exercise to help you map out your future and will help to form the basis for your Life Anchor.

It is best to go through the exercises in order (1 – 2 – 3) and follow the instructions provided.

Can you answer?



3a

The Memory Anchor

Start by filling in your ages at different stages in your life. For example, if you are 20 years old, +10 years would be 30 years old.

Use your imagination to place where you could be and what future memories you could have in those places. Add as many details as you can, including the music and sounds you will hear.

3b

Five positive memories

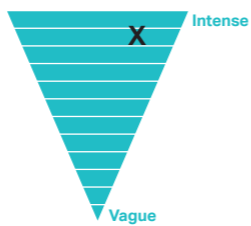

Select five positive future memories that would be used as the foundation for what will be your Life Anchor.

The first memory shown (A) is just an example to show how to fill in each memory box

A

Memory Planting a raspberry bush

Location Hove, UK Age 40 Year 2036

Vividness:  Emotional impression:  Associated sounds: Dogs barking in the distance, the tide and an ice cream van


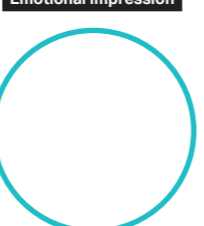
Associated images: Spade, gloves, soil, shed

Associated words: _____

3

Memory _____

Location _____ Age _____ Year _____

Vividness:  Emotional impression:  Associated sounds: _____

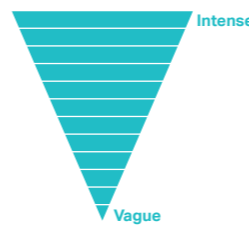
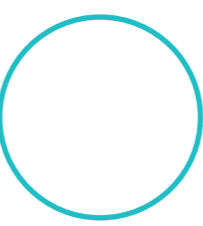
Associated images: _____

Associated words: _____

1

Memory _____

Location _____ Age _____ Year _____

Vividness:  Emotional impression:  Associated sounds: _____

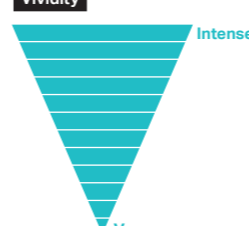
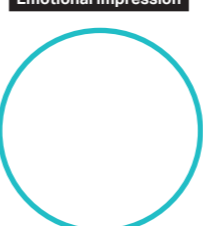
Associated images: _____

Associated words: _____

4

Memory _____

Location _____ Age _____ Year _____

Vividness:  Emotional impression:  Associated sounds: _____

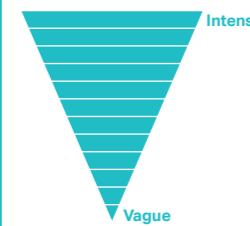
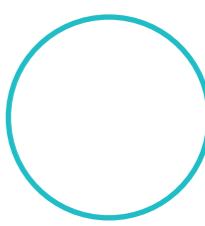
Associated images: _____

Associated words: _____

2

Memory _____

Location _____ Age _____ Year _____

Vividness:  Emotional impression:  Associated sounds: _____


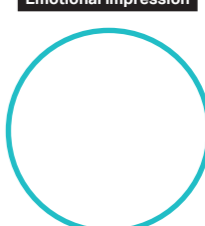
Associated images: _____

Associated words: _____

5

Memory _____

Location _____ Age _____ Year _____

Vividness:  Emotional impression:  Associated sounds: _____

Associated images: _____

Associated words: _____

Recollection

Age

Sound

MUSIC

