



# 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: Intense

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: Intense

Emotional impression:

Associated sounds: \_\_\_\_\_

Associated images: \_\_\_\_\_

Associated words: \_\_\_\_\_

**1**

Memory \_\_\_\_\_

Location \_\_\_\_\_ Age \_\_\_\_\_ Year \_\_\_\_\_

Vividness: Intense

Emotional impression:

Associated sounds: \_\_\_\_\_

Associated images: \_\_\_\_\_

Associated words: \_\_\_\_\_

**4**

Memory \_\_\_\_\_

Location \_\_\_\_\_ Age \_\_\_\_\_ Year \_\_\_\_\_

Vividness: Intense

Emotional impression:

Associated sounds: \_\_\_\_\_

Associated images: \_\_\_\_\_

Associated words: \_\_\_\_\_

**2**

Memory \_\_\_\_\_

Location \_\_\_\_\_ Age \_\_\_\_\_ Year \_\_\_\_\_

Vividness: Intense

Emotional impression:

Associated sounds: \_\_\_\_\_

Associated images: \_\_\_\_\_

Associated words: \_\_\_\_\_

**5**

Memory \_\_\_\_\_

Location \_\_\_\_\_ Age \_\_\_\_\_ Year \_\_\_\_\_

Vividness: Intense

Emotional impression:

Associated sounds: \_\_\_\_\_

Associated images: \_\_\_\_\_

Associated words: \_\_\_\_\_

Recollection

Age

Sound

Music

Current age

+10 years

+20 years

+30 years

+40 years