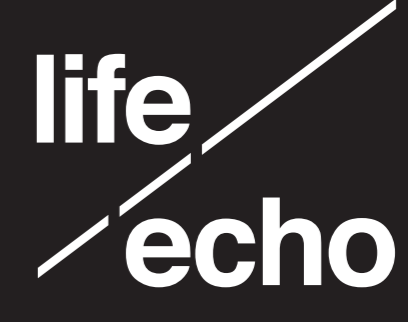


Where have you been?

Mark on the maps everywhere you have lived or visited and note any positive memories you may have had from those places

Location	Recollection



Memory Atlas



What are your favourite sounds?

What is your earliest memory?

What was the name of the first school you went to?

Name one of your best friends from school?

Describe a turning point in your life.

Describe a room from your childhood.

What was your favorite meal as a child?

Can you answer?

Your Memory Atlas

It is not a test and there are no right or wrong answers. This is an exercise to help you recall key memories in your life and will help form the basis for your Life Echo.

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

3a

The Memory Atlas

Start by filling in your ages at different stages in your life. For example, if you are 40 years old, 25% would be 10 years old.

Add as many details as you can in the recollection section at the top and don't forget to add in any sound or music related to each memory.

3b

Five positive memories

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

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

A

Memory Collecting conkers at night time
Location Bawburgh Gold Club, Easton, Norwich
Age 10 **Year** 1983

Vividity **Emotional impression**

Associated sounds
Owl / wind / rustling leaves / kids whispering

Associated images
Conker / stick

Associated words
Summer night / plastic bag / Michael

1

Memory _____
Location _____
Age _____ **Year** _____

Vividity **Emotional impression**

Associated sounds _____

Associated images _____

Associated words _____

2

Memory _____
Location _____
Age _____ **Year** _____

Vividity **Emotional impression**

Associated sounds _____

Associated images _____

Associated words _____

3

Memory _____
Location _____
Age _____ **Year** _____

Vividity **Emotional impression**

Associated sounds _____

Associated images _____

Associated words _____

4

Memory _____
Location _____
Age _____ **Year** _____

Vividity **Emotional impression**

Associated sounds _____

Associated images _____

Associated words _____

5

Memory _____
Location _____
Age _____ **Year** _____

Vividity **Emotional impression**

Associated sounds _____

Associated images _____

Associated words _____

Recollection

Age

Sound

Music

0 25% 50% 75% Current age
