

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.

Recollection

Age

Sound

Music

3b

Four positive memories

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

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

Eg



Memory Collecting conkers at night time

Location Bawburgh Gold Club, Easton, Norwich

Age 10 **Year** 1983

Vividness X

Emotional impression
Then: Daring, In trouble
Now: Foolish

Associated colour X

Associated sounds
Owl / wind / rustling leaves / kids whispering

Associated images
Conker / stick

Associated words
Summer night / plastic bag / Michael

0	25%	50%	75%	Current age
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



1

Memory _____

Location _____

Age _____ **Year** _____

Vividness _____

Emotional impression
Then: _____
Now: _____

Associated colour _____

Associated sounds _____

Associated images _____

Associated words _____



2

Memory _____

Location _____

Age _____ **Year** _____

Vividness _____

Emotional impression
Then: _____
Now: _____

Associated colour _____

Associated sounds _____

Associated images _____

Associated words _____



3

Memory _____

Location _____

Age _____ **Year** _____

Vividness _____

Emotional impression
Then: _____
Now: _____

Associated colour _____

Associated sounds _____

Associated images _____

Associated words _____



4

Memory _____

Location _____

Age _____ **Year** _____

Vividness _____

Emotional impression
Then: _____
Now: _____

Associated colour _____

Associated sounds _____

Associated images _____

Associated words _____