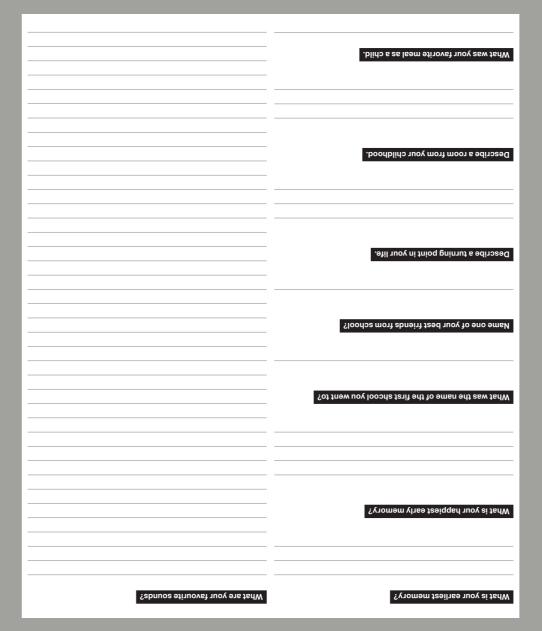


Memory Atlas



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

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.

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.

Four positive memories the

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.

