



Powerful Memory



**Significant
Person**



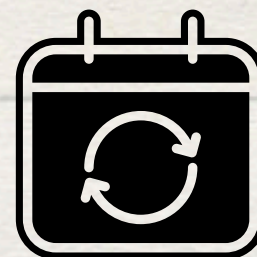
**Meaningful
Place**



Realization / Epiphany



**Strong
Emotion**



**Every day event that
has built up to mean
something
important**



Powerful Memory

Memory



What happened?

What did it feel like in the moment?

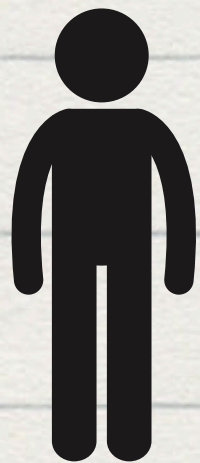
What does it feel like to remember it now?



Why did this memory matter to you?

Why does it stick with you?

What did you learn about yourself, others, or the world?



Significant Person

Person



When you think about this person, what are some powerful memories that come to mind?
Where do you picture them in your mind's eye?
How do you FEEL with this person?



Why does this memory matter to you?
Why does this person matter to you?
How has this person impacted who YOU are?



Meaningful Place

Meaningful Place



What happened here?
What does it look like? Sound like? Smell like?
How do you FEEL in this place?



Why does this place matter to you?
How has this place changed who YOU are?



Realization / Epiphany

Realization / Epiphany



What is an important realization or epiphany you've had about your self, someone else, or the world around you?

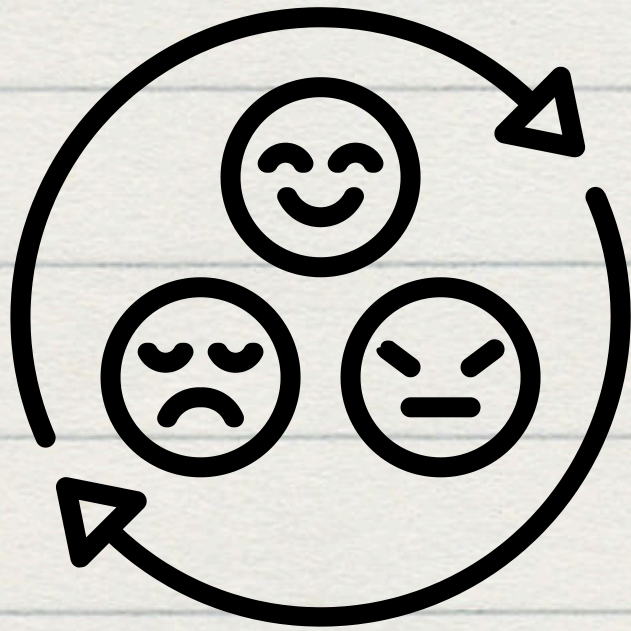
What caused you to have this realization?

What did you learn? How did it feel to learn this?



How does this new knowledge impact you?

How has it changed you?

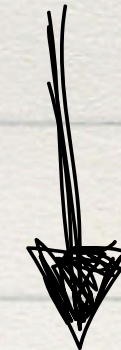


Strong Emotion

Strong Emotion

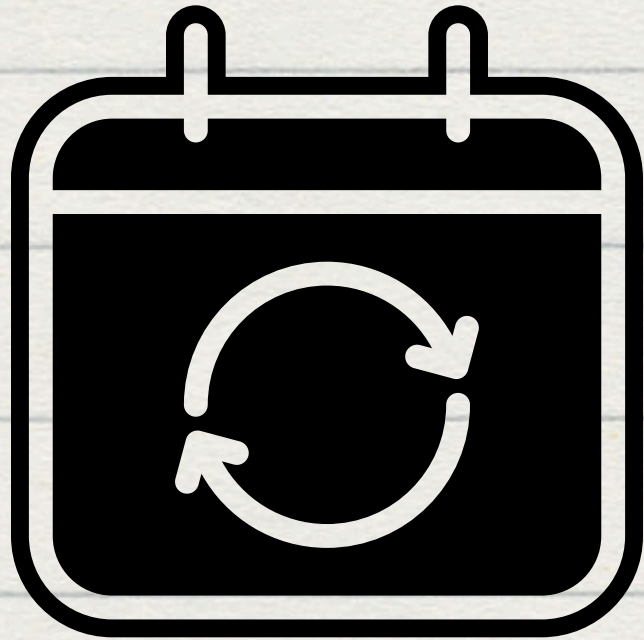


When have you felt this strong emotion?
When has this feeling presented itself to you?
What brings out this emotion in you?
What, exactly, does it feel like?



What does this strong emotion say about who you are?
Why does this emotion matter in the story of YOU?

Every Day Moments



Every Day Moments



Describe the moment. What is it that you do regularly?

Why do you do it?

How do you feel when you do it?



How has this every day moment built up to become something more important?

Why does it matter to you?

WHO does it make you?