



Which days stand out in your memory from this year as remarkable, perfect or happy? The developing, positive story of who you are, is in part made up of these highlights. We carry with us the memory of extraordinary moments of pride, experience and accomplishment: first times, beautiful places, challenges overcome, deep flow – all rich in sensory detail and connection.

It's a core practice for a Day Crafter to be able to *make* these days but the *ongoing benefits* come from the act of remembering, shaping the stories and enhancing the meaning that comes from them. Our default is to leave these days filed away with one or two photos to help trigger remembering but this exercise is designed to make the memories much stronger.



Think of a day and use the prompts on this page to strengthen your memories. Use your photos or diary to help review the year.

Two **drawings** or doodles, from memory, of the day

What is the **headline** for the day? When was it? What was the date?  
  
What was the rough **time-line** from waking to sleeping?

**Mind-map** any of these prompts. Put a keyword in the centre



Moments that we remember have many of the following in common. Which were present in your day?

- Connection.** Were you connected to something other than yourself, nature for example?
- Novelty.** Activities, places and experiences you encountered for the first time.
- Emotional.** What strong emotions were provoked by the experience?
- Sensory.** Experiences that were multi sensory and possibly super-sensory, transcendent even.
- Pride.** Was this a strong component of your moment? Challenges and accomplishments.
- Comfort zone.** Were you at the edge of your comfort zone and experiencing a flow state?
- Outside and offline.** Were you outside and digital free even for some of the time?
- Pleasure.** What was pleasurable about the experience?
- Meaning.** What was meaningful about the day? What personal values did the day trigger?
- Peaks and endings.** What was the peak moment [and memorable end] of the experience?

Write about **why** the day was **remarkable**

Read more about how to craft Remarkable Days in: **Day Crafting: The Body-clock Workbook**

