

# 10 memory starters

## REMEMBERING your LIFE

Begin with one sentence. A small story can hold a whole lifetime. Sometimes the hardest part is knowing where to begin. These gentle prompts are here to spark a memory, a moment, or a smile. Whether you're writing a tribute, sharing a story on a Memory Page, or just reminiscing over a cup of tea, each one offers a simple doorway into the past.

### **"I always love it when we..."**

You don't need to tell their whole life story all at once. Begin with a moment — a birthday, a laugh, a place you went together. Try using photographs to prompt your memories of those moments.

### **"They've taught me how to..."**

Whether it's how to fix something, listen better, or simply be more patient. This is about honouring what they've passed on through their actions or wisdom.

### **"The smell of \_\_\_ reminds me of them."**

Scents can transport us. Whether it's their cooking, the garden after rain, or their aftershave or perfume, this sensory memory captures something deeply personal.

### **"Whenever I hear \_\_\_, I think of them."**

A song, a laugh, a phrase - even a sound from nature. What do you hear that brings them to mind in an instant? Let this be a way to describe how they live in your senses.

### **"One thing they always say is..."**

Their go-to phrase, piece of advice, or favorite quip - these little sayings are part of their rhythm and charm. They often echo in your mind even when they're not around.

### **"They make the best..."**

Is it a dish, a cup of tea, a playlist, or a comforting hug? We all have something we're known for. This prompt celebrates the thing you love most that only they seem to get just right.

### **"They make people feel..."**

How do they light up a room? Do they bring calm, energy, humour, or reassurance? This prompt helps you express how their presence shapes the people around them.

### **"One thing I always want to remember is..."**

Capture a detail that feels precious - a look, a ritual, a moment you don't want to lose. It doesn't have to be profound. The quietest memories often matter the most.

### **"A place that reminds me of them is..."**

It could be where they grew up, a holiday spot you both love, or the chair by the window where they always sit. Places hold memories, and this one connects you to them.

### **"They're the kind of person who..."**

This is a chance to reflect on who they are at their core. What comes to mind first? Are they generous, fierce, curious, gentle? Say it simply - and say it while you can.