



memory resource guide

REMEMBERING
your **LIFE**

Thank you for choosing to honour someone you love. Sharing memories is a beautiful way to keep their spirit alive and pass their story on. If you're not sure where to begin, this short guide will help you take that first step.

1.

CHOOSE A STARTING POINT

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.

2.

USE YOUR SENSES

Think about how they looked, sounded, smelled, or felt to be around.

3.

KEEP IT SIMPLE

You don't have to write a novel. Even a short paragraph or sentence can hold deep meaning.

4.

MAKE A LIST

Try listing memories, like "She always wore red lipstick," or "He whistled while making tea."

5.

DON'T WORRY ABOUT GRAMMAR

This isn't a test. It's a gift from the heart. We will help to correct spelling where appropriate.

Every memory matters.

One sentence today could mean everything tomorrow.