

Memory Activity & Reflection

The activity below encourages a trip down memory lane. Photos of people, places, and fond memories offer extractable feelings. Seek out memories that evoke a feeling of being in the right time and the right place with the right people.

Places that offered comfort during disasters, depression, or times when you felt scared and alone hide elements of comfort. Challenging work projects that became deeply rewarding can provide moments of feeling content, strong, and full of purpose. Hard times can hold surprising essentials needed for security. These flashpoints are a blueprint of loved elements to be included in your loved environment.

Be curious. What made those memories so special? The whole of it. The collection of people. The qualities of the space, the contents, the feel, the smells. When you have an experience in mind, hold the memory. Sink into the luxury of your memories. Nothing is stupid. Every idea is welcome. Enjoy a sense of playful freedom to lead this visioning process.

Memory Activity

WHAT: Tap into the past using memories—photos, vacations, childhood, school, relationships, etc.—to cherry-pick aesthetics or feelings you want to include in your vision of home.

WHY: To inspire, articulate, and provide examples of vision to feed your vision storyboard.

HOW: Identify and collect vision-inspiring elements.

TOOLS: Photo albums. Photos on phones or social media. Folder. Writing utensil. Camera/phone. Computer or tablet. Scissors.

TASK: Create and label a “Collage” folder physically or digitally, and collect vision-inspiring images from your memories.

TIME: Two to four hours or as needed.

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Reflection Activity

WHAT: Respond to the questions below to inspire and articulate your vision.

List two memories that feel most like home.

What *qualities*, even the slightest subtleties, made this space or time perfect? Comfort?

Simplicity? Raucousness? Spontaneity?
