

THE MEMORIES NOTEBOOK

RE-VIEWING, AND EVEN UPGRADING, THE PAST

PURPOSE

To capture the special memories and things of special importance, to quickly review them for perspective on your life

The function of this book is to put in one place the special memories, accomplishments, successes, moments, etc. so that you can flip through it quickly to remind you of meaningful, uplifting memories and to reinforce yourself.

THE "LIFE ALBUM"

One possibility: 1 year per page "album". I have an "album" with a (12 x 12) page for every year, since age 0, with pictures and significant events listed, so I can flip quickly through my life and not have to dig through millions of albums. (It also has quotes and *things I was thinking* and historical events that occurred that year, to give it a full flavor.) It also has drawings and artwork (artistic renderings, using my great talents as "Kicasso").

SEE [CREATING AND RE-VIEWING THE PAST](#)

This is one of the happiness practices.

INSERT A "[MEMORIES LIST](#)"

To recall things that happened in life, in a quick overview.

THE RE-WRITE OF THE PAST

One of the possible items that is good to have is a "re-write" of the past, from the viewpoint of a positive, rational, nurturing adult. See [The Past And Now - The Future, Regrets, And a "Poor" Past](#). See [Releasing Yourself From Your Story And Your Racket](#).

This is extremely valuable for anyone who thinks he/she has had a bad past.