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ARCHER & OLIVE
MEMORY PLANNING
PROMPTS



Memory Planning Prompts

DAY

DATE

WEATHER

YEAR

Think about what happened today - take time to write some key words below!

What were you eating?

What were you wearing?

Has this been something you thought about before?

How did you feel before the event?

How do you feel after the event?

What did you do the rest of the day?

What about this event made you smile?

Right now I couldn't live without.....

What do you love about this event?

What energises you about this event?

How did you feel today?

What was really important to you?

Write about your memory in detail