

Getting Started with Memory Keeping

A little planning and organization goes a long way when it comes to getting started in memory keeping. I recommend sitting down with yourself, asking a few questions, and really think about what you're looking for. Note that you will not have wrong answers. What spending some time digging in will do is to help you choose the right format, set up, and otherwise assist you in being happy with your results. Jumping right in is fun – but what if half way into a book you realize you didn't think this through and want to re-do it all? You can – but let's try to avoid that!

- What are you looking for story wise here? Is this a single event, an ongoing project, life in general, a trip you're taking?
- Do you see this spanning multiple books, or kept to a single notebook?
- When you envision what it looks like – do you want a cohesive look such as same stamps, stickers throughout? Or will each page have a unique personality?
- What is your timeline? Is this something you want to sit down and complete in a short amount of time, something you spend time on regularly for a long time, or do you have a deadline?
- What is your biggest priority for this book? What do you most want to gain from this project?
- Will you want to include ephemera and mementos? Will they fit in a notebook?
- Based on above and how many photos you want to use– what size notebook are you looking at?
- Is there anything else you want to remember during this process?

Feel free to add additional questions for yourself – and don't hesitate to:

- Brainstorm your stories on other paper/mentally/talk them out before you get into the book
- Mix it up and experiment
- Make 'no rules' memory keeping books!
- Stick to one topic or theme
- Just enjoy the process, and all of the benefits of memory keeping!