GO BACK INTO THE MOMENT.

FLICK THROUGH YOUR PHOTOS LEADING UP TO AND AROUND THE TIME.

READ YOUR SOCIAL MEDIA POSTS OR JOURNAL ENTRIES AT THE TIME.

REMINISCE WITH SOMEONE WHO KNOWS YOU WELL OR WHO WAS A PART OF THE EVENT.

LISTEN TO ANY MUSIC OR RE-WATCH SOMETHING YOU WERE INTO AT THE TIME.

FLICK THROUGH NEWS FROM THE TIME. DO AN 'ON THIS DAY' SEARCH ONLINE.

CURRENT AFFAIRS CAN BE A GOOD HOOK FOR READERS TO CONNECT THEIR OWN MEMORIES TO YOUR MOMENT.

WRITE DOWN WHATEVER COMES TO MIND IN RESPONSE TO THESE MEMORY JOGGERS.
WHAT DO YOU HAVE TO WORK WITH NOW?

Online Writing Community