

## Write your unwritten diary.

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### Step 1

#### **Prepare for the exercise.**

Set aside 30 to 60 minutes of uninterrupted time to do this exercise.

Turn off all notifications on your phone and computer.

### Step 2

#### **Write down your life's most memorable moments.**

If there are moments you remember where something unpredictable happened, write them down on page 2.

If you have trouble coming up with a memory, close your eyes and picture the house you grew up in. Are there any specific moments you remember in that house? As soon as you think of a moment, write it down.

Just make a note of what happened (for example, "the time I woke up in from a nap in an empty house") You don't have to remember exactly what happened.

### Step 3

#### **Repeat the process.**

Keep going. Continue to your elementary school, middle school, and high school, then college, then your first job.

Every time you have a specific moment you remember, write it down.

### Step 4 (Optional)

#### **Self reflect on the exercise.**

What did you learn from doing this exercise?

Share your thoughts on IG Story (use hashtag #5DayStoryChallenge)

Write your unwritten diary.

Instruction

Write at least 9 memories you can picture in your mind.  
For example: "the time I woke up from a nap and I was home alone"

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