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# Memory Journal

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A 30-Day Guided Journal



Free-form

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Write one memory per page — a specific event, person, or moment
  - Use the people present field to name who was there
  - Note what triggered the memory — a smell, song, photo, or place
  - Describe the emotion you feel remembering it: joy, nostalgia, warmth, loss
  - Add sensory details: what you saw, heard, smelled, and felt to make it vivid



Scan for a detailed guide on how to use this journal



























































