52 weeks, one memory each

One prompt a week. Write a few lines, add the date, and glue in a small photo if you have one.

Week 1 **Something that made you laugh this week** Date _____

Week 2 **A meal worth remembering** Date _____

Week 3 **Who you spent the most time with** Date _____

Week 4 **A place you went for the first time** Date _____

Week 5 **Something you finished** Date _____

Week 6 **A small kindness, given or received** Date _____

Week 7 **What the weather was like, and what you did about it** Date _____

Week 8 **A conversation that stuck with you** Date _____

Week 9 **Something you learned** Date _____

Week 10 **A photo you took, and why** Date _____

Week 11 **What you were reading, watching or listening to** Date _____

Week 12 **A worry that turned out fine** Date _____

Week 13 **Something you made with your hands** Date _____

Week 14 **A sound you want to remember** Date _____

Week 15 **The best part of an ordinary day** Date _____

Week 16 **A message you were glad to get** Date _____

Week 17 **Something that changed at home** Date _____

Week 18 **A walk you took and what you saw** Date _____

Week 19 **Someone you miss** Date _____

Week 20 **A plan you made** Date _____

Week 21 **Something you were proud of** Date _____

Week 22 **A tradition you kept** Date _____

Week 23 **What you cooked** Date _____

Week 24 **A moment of quiet** Date _____

Week 25 **Something new you tried** Date _____

Week 26 **A friend you saw** Date _____

Week 27 A mistake you can laugh about Date _____

Week 28 What made the week hard, and what helped Date _____

Week 29 A view from a window Date _____

Week 30 Something you bought and love Date _____

Week 31 A family moment Date _____

Week 32 What you celebrated Date _____

Week 33 Something you said yes to Date _____

Week 34 Something you said no to Date _____

Week 35 A smell that reminded you of something Date _____

Week 36 An outfit or object with a story Date _____

Week 37 Someone who surprised you Date _____

Week 38 Where you were happiest this week Date _____

Week 39 A goal you moved forward Date _____

Week 40 A screenshot that tells the story of the week Date _____

Week 41 What you noticed in nature Date _____

Week 42 Something to remember about a child, a parent or a pet Date _____

Week 43 A song on repeat Date _____

Week 44 A place you would go back to Date _____

Week 45 A question you are thinking about Date

Week 46 Something you let go of Date

Week 47 A long day, and how it ended Date

Week 48 What you were grateful for Date

Week 49 The most ordinary photo you took Date

Week 50 A memory from years ago that came back Date

Week 51 Something you are looking forward to Date

Week 52 This year in one sentence Date