

# HOW TO USE THE MEMORY INDEX APP?



1/  
YOU FEEL SAD...



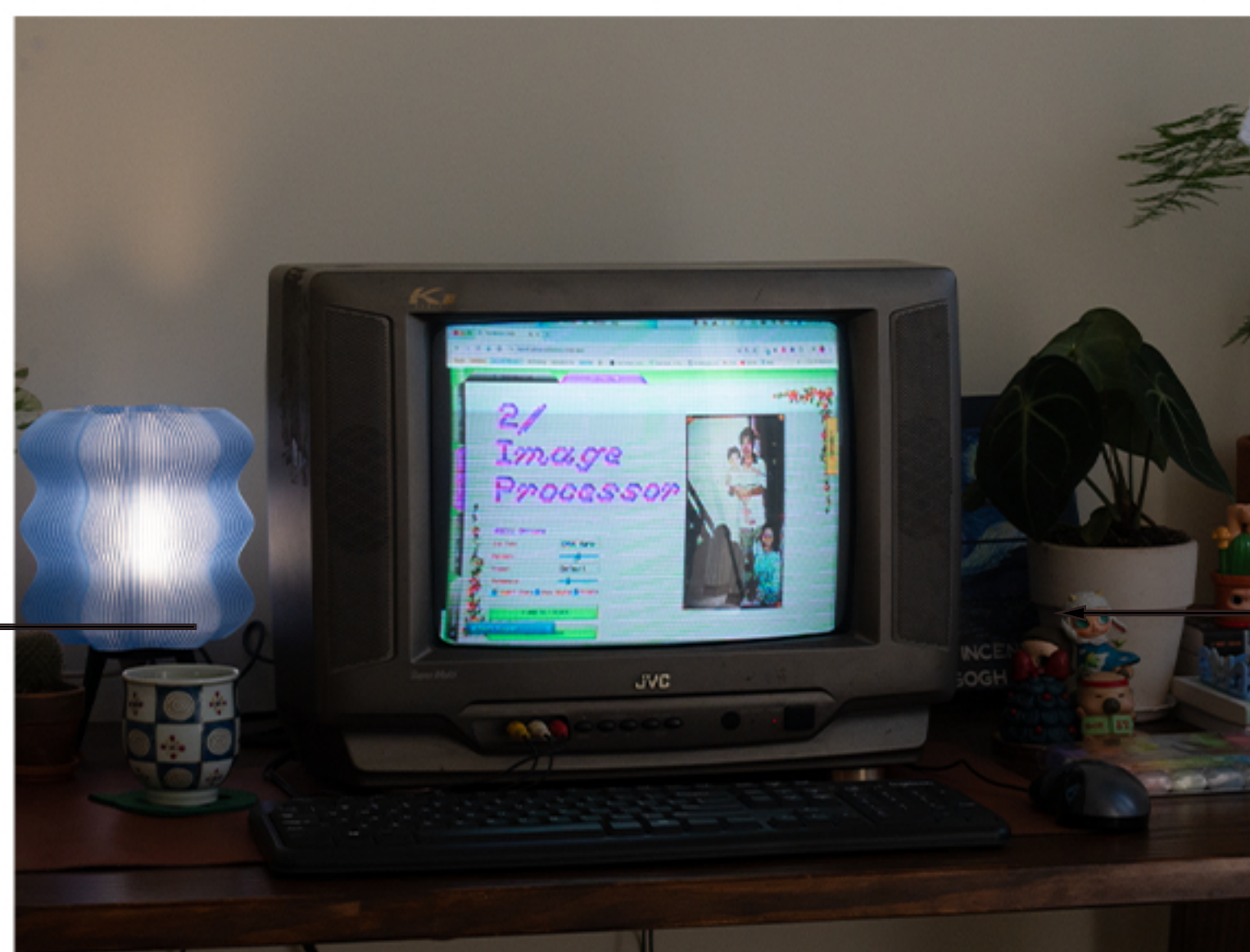
2/  
OK SO YOU DECIDE NOT TO  
FEEL SAD ANYMORE BY DOING  
SOMETHING TO MAKE YOUR MIND  
CLEAR



3/  
MAYBE, START BY  
WRITING YOUR THOUGHTS  
DOWN



4/  
COLLECT YOUR  
MEMORIES WOULD ALSO  
HELP



5/  
THEN DOING SOME  
SKETCHES AS SOME  
CHICKEN SOUP FOR YOUR  
LITTLE SOUL...



6/  
PUT EVERYTHING TOGETHER  
COMBINE YOUR WORDS, IMAGES, AND SKETCHES.  
MOVE THEM AROUND.  
SEE HOW YOUR MEMORIES START TO MAKE A STRUCTURE.



7/ RECEIVE YOUR RESULT!



AT THE END, I DONT KNOW YOUR PROBLEM  
WOULD BE SOLVE OR NOT BUT YOU'D GET A  
MEMORABLE PIECE OF YOURSELF TODAY.