

Please write a journal answering the following three questions:

1. What is your most positive memory from last week?

My most positive memory from last week is being with my mom Kelly and dog Ollie. I hadn't seen either of them since last Christmas and always look forward to being with them! We were able to relax and talk.

2. What is your most negative memory from last week?

My most negative memory would be a fight with my significant other. We had a disagreement about living situations and it turned into another thing entirely. I feel like it changed my perspective of our relationship and where everything is heading.

3. What is one memory you would like to remember forever?

I want to remember each of my grandparents. Remember what they look like and their quirks. I know its not specifically one memory, but they were each such a big part of my life and I would be heartbroken if I couldn't remember them later on in life.