

| | Memories | Objective | | | | Subjective | | |
|----|---|-------------------|-------------------|--------|------------------|------------------------------------|--|---------|
| | | Age | Location | Season | Experience/ Type | Intensity (how much i remember) | Personal Feelin (can i laugh wh think about the | Senses |
| 1 | Traveling internationally alone for the first time | College | Doha | Summer | Travel | 4 | yes | Sight |
| 2 | Dropped 100 dollar at the airport | College | Doha | Summer | Travel | 5 | no | Sight |
| 3 | Almost miss my flight during transfer at Doha | College | Doha | Summer | Travel | 5 | yes | Sight |
| 4 | Visited Disneyland in Hong Kong with my parents | Elementary School | Hong Kong | Spring | Travel | 3 | yes | Sight |
| 5 | I met Mickey and Minnie Mouse, took photo with them and got their signature. | Elementary School | Hong Kong | Spring | Travel | 1 | yes | Sight |
| 6 | Had a sampan boat ride around the Aberdeen Harbour. | Elementary School | Hong Kong | Spring | Travel | 2 | yes | Sight |
| 7 | Elementary school graduation trip to Singapore. | Elementary School | Singapore | winter | Travel | 1 | yes | sight |
| 8 | Singing on the school bus with classmates on the Singapore trip. | Elementary School | Singapore | winter | Travel | 2 | yes | hearing |
| 9 | Seeing fireflies in the hometown | Elementary School | Cameron Highlands | Spring | Travel | 1 | yes | Sight |
| 10 | Saw a clear sky full of stars on the mountain at night | High School | Cameron Highlands | Spring | Travel | 4 | yes | Sight |
| 11 | the wing-flicking sound of cicada in the summer at my grandmom's village | Elementary School | cameron Highlands | Summer | Sound | -2 | yes | Hearing |
| 12 | Picking and eating strawberries in my uncle's farm | College | cameron Highlands | Summer | Food | 2 | yes | Taste |
| 13 | Celebrated my great grandmother's 80th birthday. | Elementary School | Cameron Highlands | Spring | childhood | 3 | yes | Sight |
| 14 | Trip myself on the street and my heels fly off my foot. | high School | New York | Summer | Injuries | 4 | no | touch |
| 15 | Walk 10 hours in New York City and broke my steps record on Fitbit. | College | New York | Summer | travel | 3 | no | touch |
| 16 | Saw a robbery on the subway right in front of me with my cousin. | high School | New York | winter | travel | 2 | no | sight |
| 17 | Couldn't go into the Harry Potter castle in the Universal Studio because my aunt wanted to go shopping instead. | high School | Florida | Summer | travel | -3 | no | sight |
| 18 | Went to the Niagara Falls with my parents during summer vacation. | | Ontario | Summer | travel | 1 | yes | sight |
| 19 | Saw sunset on the mountain in Laos | College | Luang Prabang | Summer | Travel | 2 | yes | Sight |
| 20 | Saw the wild moon bear in Laos | College | Luang Prabang | Summer | Travel | 1 | yes | Sight |
| 21 | Got a fish foot massage in Laos | College | Luang Prabang | Summer | Travel | 4 | yes | Touch |
| 22 | Amazed by the architecture design of the Royal Palace Museum. | College | Luang Prabang | Summer | Travel | 5 | yes | sight |
| 23 | Went to the Kuangsi Waterfall and it is extremely beautiful like a paradise. | College | Luang Prabang | Summer | Travel | 5 | yes | sight |

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| 24 | Ride on a motorcyle in Thailand | College | Bangkok | Summer | Travel | 2 | yes | Sight |
| 25 | Visiited the royal palace in Thailand | College | Bangkok | Summer | Travel | 2 | no | Sight |
| 26 | The torture of the out-of-tune singing in karaoke room | College | Bangkok | Summer | Sound | 2 | no | Hearing |
| 27 | Visited the local animal market and saw many animals that i never seen in person before. | College | Bangkok | Summer | travel | 3 | yes | Sight |
| 28 | First time trying Jeju Black Pig Barbeque | Elementary School | Jeju Island | Winter | Food | 4 | yes | Taste |
| 29 | Forced to try raw octopus but couldn't eat it at all | Elementary School | jeju Island | Winter | Food | 5 | no | Taste |
| 30 | First time skiing & snowboarding in Korea | Elementary School | Jeju Island | Winter | Travel | -3 | yes | Sight |
| 31 | Eating rare egg with porridge in Korea and it felt so disgusting | Elementary School | Jeju Island | Winter | Food | 4 | no | Taste |
| 32 | When entering the Hanok, Korean traditional house i tirpped over the raise platform and felt. | Elementary School | Jeju Island | Winter | Injuries | 2 | no | touch |
| 33 | Drink at a night club for the first time with my uncle in Malaysia | College | Kuala Lumpur | Summer | Travel | 2 | yes | Taste |
| 34 | Visited the largest book store in Kuala Lumpur | High School | Kuala Lumpur | Summer | Travel | 2 | yes | Sight |
| 35 | The thunderstorm caused electricity outage for the entire town during Christmas Eve | Kindergarden | Kuala Lumpur | Summer | Weather | -4 | no | Sight |
| 36 | Visited the night hawker stalls in the street food market and ate a lot of street food. | College | Penang | Summer | Food | 5 | yes | taste |
| 37 | Accidentally pour a lot of chili sauce into my noodle bowl | Middle School | Penang | Summer | Food | 4 | no | Taste |
| 38 | Wet from head to toe because i forgot to bring an umbrella | Middle School | Penang | Summer | Weather | -4 | no | Touch |
| 39 | Scratched my elbow with long nails | Elementary School | Penang | Summer | Injuries | -2 | no | Touch |
| 40 | Visited a cave temple at a mountain | College | Penang | Summer | Travel | 1 | yes | Sight |
| 41 | The smoke of incense in the temple made my eyes soak in tears | Elementary School | Penang | Fall | Childhood | 2 | no | Smell |
| 42 | Learn how to swim in the hotel pool | College | Langkawi | Summer | Travel | 3 | yes | Touch |
| 43 | Putting my hands in a pile of grainy but chill sand on the beach | College | langkawi | Summer | Travel | 2 | yes | Touch |
| 44 | Took a long nap under the sun by the ocean on an Island in Malaysia | College | Langkawi | Summer | Travel | 2 | yes | Sight |
| 45 | Fell into a drain at a park and my knee bleed | Kindergarden | Ipoh | Summer | Injuries | 2 | no | Touch |
| 46 | Trip and fell when crossing the road and knee bleed | Elementary School | Ipoh | Summer | Injuries | 1 | yes | Touch |
| 47 | Got bitten by my cousin in a fight | Elementary School | Ipoh | Summer | Injuries | 3 | yes | Touch |
| 48 | Walk into a tree and hit my forehead | Elementary School | Ipoh | Summer | Injuries | 2 | no | Touch |
| 49 | Got Spank by elementary teacher for getting a C | Elementary School | Ipoh | Spring | School | 5 | no | Touch |
| 50 | Playing barbie dolls with my cousins | Kindergarden | Ipoh | Summer | Childhood | 1 | yes | Touch |

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| 51 | Rank 1st in the class in the first monthly exam | Elementary School | Ipoh | Spring | School | 3 | yes | Sight |
| 52 | Listening to old Chinese songs on my grandfather's car | Elementary School | Ipoh | Spring | School | 2 | yes | Hearing |
| 53 | Watching the cartoon Doreamon every Saturday afternoon | Kindergarden | Ipoh | Summer | Childhood | -3 | yes | Sight |
| 54 | Playing badminton with my uncle and cousing in our backyard | Elementary School | Ipoh | Summer | Childhood | -4 | yes | Touch |
| 55 | Always forced to cut my hair short because of school dress code | Elementary School | Ipoh | Spring | School | 2 | no | Sight |
| 56 | Feeling curious and touched an iron with my finger | Elementary School | ipoh | Spring | Childhood | -3 | no | Touch |
| 57 | Accidentally put my hand on a mosquito swatter that was still on and shocked myself | Elementary School | ipoh | Spring | Childhood | 2 | no | Touch |
| 58 | I always touch the sharp thorn on the durian carefully when my grandfather and breaking them apart | Kindergarden | ipoh | Summer | Childhood | 3 | yes | Touch |
| 59 | The soft and calming texture of my teddy bear always help me to fall asleep | Kindergarden | ipoh | Summer | Childhood | -5 | yes | Touch |
| 60 | Touching the wrinkles on my grandmother's face | Elementary School | ipoh | Summer | Childhood | 2 | yes | Touch |
| 61 | Washing the cabbages when helping my mom cook dinner | Elementary School | ipoh | Winter | Childhood | -3 | yes | Touch |
| 62 | Touching the horse tail during the first horse ride | Elementary School | ipoh | Summer | Childhood | 3 | yes | Touch |
| 63 | Love to touch my grandfather's stubble when sitting on his lap | Elementary School | ipoh | Summer | Childhood | 4 | yes | Touch |
| 64 | The badminton racquet always hit the shuttlecock with a high pitch metal sound when i miss it | Elementary School | ipoh | Summer | Sound | -2 | yes | Hearing |
| 65 | Got scared at the sound of lightning | Kindergarden | ipoh | Fall | Sound | 1 | no | Hearing |
| 66 | The repeated Buddhism script music on the family altar is always very calming | Middle School | ipoh | Summer | Sound | 3 | yes | Hearing |
| 67 | Learning how to cook dumplings with grandmom | Elementary School | ipoh | Summer | Food | 1 | yes | Taste |
| 68 | the smell of durian is so satisfying | Middle School | ipoh | Summer | Food | 3 | yes | Smell |
| 69 | first time barbequing with friends | middle School | ipoh | Summer | Food | -3 | yes | Smell |
| 70 | Accidently broke my piggy bank | Kindergarden | Ipoh | Summer | Childhood | -5 | no | Touch |
| 71 | Had my first pet goldfish | Kindergarden | Ipoh | Summer | Childhood | -5 | yes | Sight |
| 72 | Met the royal prince of Perak in school ceremony | Elementary School | Ipoh | Summer | School | -3 | no | Sight |
| 73 | Trip and fell off on a treadmill | Middle School | Boston | Fall | Injuries | 5 | no | Touch |
| 74 | Got a burn mark on my arm from a espresso machine | College | Boston | Fall | Injuries | 4 | no | Touch |
| 75 | Slip on a wet and icy stair outdoor | High School | Boston | Winter | Injuries | 3 | no | Touch |

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| 76 | Twisted my ankle during a dragon dance practice | High School | Boston | Winter | Injuries | 2 | no | Touch |
| 77 | Accidentally splash hot tea from a bunn machine down my neck and arm at work | College | Boston | Spring | Injuries | 4 | yes | Touch |
| 78 | Cut my index finger with a olfa knife during sophomore finals | College | Boston | Winter | Injuries | 5 | no | Touch |
| 79 | Trip over on the grass at Boston Common | Middle School | Boston | Summer | Injuries | 3 | no | Touch |
| 80 | Fell backward when ice skating at the Frog Pond | High School | Boston | Winter | Injuries | 4 | yes | Touch |
| 81 | Got hit by a book that fell off the book shelf in the library | High School | Boston | Fall | Injuries | 5 | yes | Touch |
| 82 | Transferring to a new school in a new country | Middle School | Boston | Winter | School | 1 | no | Sight |
| 83 | Dressed up as a clown in my first Halloween parade | Kindergarden | Boston | Fall | School | -5 | yes | Sight |
| 84 | Walking to school when it was snowing heavily in the morning | High School | Boston | WInter | Weather | -2 | no | Touch |
| 85 | Lion dancing in Chinatown for Chinese New Year while it's snowing | High School | Boston | WInter | Weather | 3 | yes | Touch |
| 86 | The breeze by the ocean blowing my hair in the fall | College | Boston | Summer | Weather | -3 | yes | Sight |
| 87 | Waiting at the train station alone in a cold, dark night | High School | Boston | Winter | Weather | 3 | no | Sight |
| 88 | Didn't have to go to school for three days in a row because of snow day | High School | Boston | Winter | Weather | 1 | yes | Sight |
| 89 | First hail during summertime | College | Boston | Summer | Weather | -2 | yes | Sight |
| 90 | Mixing paints together and paint them on a canvas with bare hand in art class | High School | Boston | Fall | School | -3 | yes | Touch |
| 91 | Swept my hand along with the fence when waking back home from school | High School | Boston | Fall | School | -4 | yes | Touch |
| 92 | Feeling the vibration and rhythm of the drum in my first lion dance performance | High School | Boston | Winter | Sound | 2 | yes | Hearing |
| 93 | When i first learned how to play cymbals, i bang them so loud that my ears were ringing | High School | Boston | Winter | Sound | 2 | yes | Hearing |
| 94 | the sound of my mom chopping food with a knife on the woodboard in the kitchen when i'm watching TV | Middle School | Boston | Fall | Sound | -1 | yes | Hearing |
| 95 | Waken up by the construction noises on a Sunday morning | High School | Boston | Spring | Sound | 2 | no | Hearing |
| 96 | The irritating noise from the rail when the t is entering the Boylston station on the green line when i am walking up the stair | High School | boston | Summer | Sound | 3 | no | Hearing |
| 97 | Fireworks during the fourth of July on the Charles River | Middle School | boston | Summer | Sound | -4 | yes | Sight |

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| 98 | Accidentally burn the oven when baking my first cake | Middle School | boston | Summer | Food | 2 | no | Smell |
| 99 | The horrible smell of chocolate in the trash at work | College | boston | fall | Food | 2 | no | Smell |
| 100 | The strong sense of coffee aroma at work | college | boston | fall | Food | 3 | yes | Smell |