Your year, in one page.

Three small memories. No perfect dates. No need to explain everything.

A place

Where can you picture yourself? Keep one detail you can still see or hear.

An ordinary moment

What small scene would you like to keep, even if nobody else noticed it?

A change

What became different? It can be something small. Skip this if you prefer.

A thread between them

A person, a place, a habit—or no connection yet. What do you notice?

Choose one scene. Tell it aloud for a minute, or write three lines. Your own words are enough.

Keep uncertain details uncertain. Leave anything private off the page.