

APPRECIATION MEMORY

EVENT

Recall an event or memory that makes you smile. Think of something you could call that memory and write it down.

BULLET POINTS

Create bullet points to explain what happened.

EMOTIONS

In the midst of the bullet points and as you tell the story, use emotion words to communicate what you experienced in that memory.

BODILY SENSATIONS

Include bodily sensations you experienced.

IDENTITY

What do you like about yourself in that memory? In what ways did this reflect your true self?

IMMANUEL AWARENESS

Invite the Lord to join you as you recall these memories. Thank him for them. Maybe even ask where He was in them.

APPRECIATION MEMORY *example*

<p>EVENT</p> <p><i>Recall an event or memory that makes you smile. Think of something you could call that memory and write it down.</i></p>	<p>BULLET POINTS</p> <p><i>Create bullet points to explain what happened.</i></p>	<p>EMOTIONS</p> <p><i>In the midst of the bullet points and as you tell the story, use emotion words to communicate what you experienced in that memory.</i></p>	<p>BODILY SENSATIONS</p> <p><i>Include bodily sensations you experienced.</i></p>	<p>IDENTITY</p> <p><i>What do you like about yourself in that memory? In what ways did this reflect your true self?</i></p>	<p>IMMANUEL AWARENESS</p> <p><i>Invite the Lord to join you as you recall these memories. Thank him for them. Maybe even ask where He was in them.</i></p>
<p>Andrew's birth</p>	<ul style="list-style-type: none"> - He came out screaming - I said, "Well, hello Andrew" - His entry into the world accurately reflects his personality to this day, as did Si's 	<p>I felt delighted and a tenderness toward his upset. I felt assured that I could comfort him.</p>	<p>I felt warmth in my core.</p>	<p>I like that I already felt a bond with Andrew and a confident, maternal connection.</p>	<p>I sense He was standing between Andrew and me, arms extended, touching both of us, delighted that I was his mom and he was my son.</p>