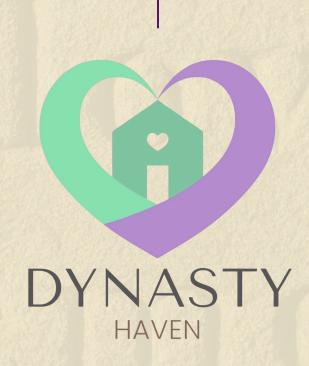
### THE MEMORY HAVEN: CAPTURING MY STORY



A GUIDED KEEPSAKE FOR SHARING WHO I AM, WHAT I LOVE, AND WHAT I'VE LEARNED.







This journal was created to give you space to refelct on your life, your stories, your values, your people, and your moments. Whether you're writing for yourself, for future generations, or for peace of mind, your words matter. Your voice matters. Your memories deserve to be remembered, shared, and

You don't have to write it all at once. Start with the moments that mean the most, and let the rest come gently.

honored.





# About Me

My full name (and any nicknames):	I was born in
A few words the describe me:	A tradition I loved as a child:
Additional Information:	





My favorite memory from childhood:	•







My Favorite Foods or Meals:	
Favorite Music or Songs:	
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	100
Movies, Books, or Shows I lLoved:	
Hobbies or Simple Joys I Always Came Back To:	





One Thing That Always Made Me Laugh:	



#### Love and Relationships

Pe	ople who shaped my life the most:
	2.
	3.
M۰	y First Love Story:







#### Love and Relationships

What love has taught me:	
Friendships that made a difference:	
Something I want my partner or children to know:	
	••••
	•••











My proudest moment:	
One of the hardest things I overcame:	
Something I'm really grateful for:	
A decision I'm glad I made:	





Advice I Want to Pass On:	•





#### Letters to Loved Ones

Write a letter to anyone you love, miss, or want to thank.

Use these next few pages to write letters to your loved ones, feel free to download additional letter templates from dhcaregivingservices.com



















## Legacy Reflections

What I Want to be Remembered For:	What Brings Me Peace:
Spiritual or Personal Beliefs That Shaped	Me:
Additional Information:	

#### If I Could Give One Gift To The Next Generation, It Would Be:



Ceneration, it would be:	
-	





























#### The Power of Reflection

This journal is part of Dynasty Haven's commitment to care that honors every chapter of your story, not just the final ones.

We see the whole you. We honor your memory, your legacy, your light.

Let this journal be a place of peace, laughter, and love

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