





All sorts of things can trigger a memory: a song, a photo, a letter, a date, even a smell. That memory can be a starting point for a narrative.

Here are some ideas to get you started:

Freshly mown grass	Rain on hot concrete
	
Camp fire	Sunblock
	

Here are some titles that might inspire you:

“The unforgettable birthday party”

“The song on the radio that always makes me cry”

“The photo of a person I used to know”

Spend some time listening to music that you haven’t heard in years and see what images appear in your mind.