

Jumpstart the memories

Think about the stories that make up your life. Which ones shaped you into who you are. Did someone in your life make a mark on you? Please share a story and picture.

Here are some questions that we can post and get them thinking:

- What would you like to tell your 22-year-old self?
- What do you think your 22-year-old-self would want to tell you?
- What are the best and worst pieces of advice you've received?
- What's your hidden talent?
- What are you most proud of?
- Looking back, is there something you wish you had done that you did not?
- What do you most admire about your best friend?
- What do you wish the world knew about you?
- Was there a time when an older adult helped you feel strong in a tough time?
- What does it mean to be a caregiver? What did you learn from the experience?
- Who have you met that left a lasting impression on you?