



# VIVIDMEMOIRS

Your Story Deserves To Be Told

## LIST OF BASIC PHOTOS TO GATHER

*The following is a list of a some basic photos to gather as you prepare to make your VividMemoir. You'll find lots more along the way, but these landmark moments will get you started on your journey.*

- Your FAVORITE photo of yourself, from anytime in your ADULT life
  - This photo is the only one that is *required*. This will be the cover photo for your movie, so make it a great one! You should be the only person in this photo.
  
- You and the people who lived in your household when you were young
  - i.e. A family portrait, or just a snapshot that captures the people in your household the way you picture them when you were young
  
- You, during your elementary school years
  
- You, during your high school years
  
- You, during your military service years, if applicable
  - Weren't in the military? Skip this one!
  
- You during your college or trade school years, if applicable
  - Didn't go to college? Skip this one!

- You during your graduate school years, if applicable
  - Didn't go to grad school? Skip this one.
  
- You, involved with your occupation during your adult years.
  - If you were a homemaker, use a photo of that as your occupation!
  - If you had a career, do you have a photo of yourself standing at a machine you used for work? Posing outside your office? Holding something you made?
  - If you don't have any photos like this, just include a photo of what you looked like during your adult/working years.
  
- You on your wedding day, if applicable
  - No wedding to speak of? Skip this one.
  - Multiple weddings? Bring a photo from each, if you like, or you can simply focus on one.
  
- You with your spouse and/or your children when they were young, if applicable
  - Didn't get married? Don't have kids? No worries - skip this one!
  
- You, in a far-away place you have traveled
  - Never traveled much? That's okay! Skip this one.
  - Traveled lots of places? You can talk about all of them in your responses, but just bring photographs from your favorite or most meaningful 1-2 trips.
  
- You, in the recent years/retirement years. For example, this can be
  - A picture of you in front of the place where you live
  - Doing something you are involved with (job, volunteer role)
  - With your current friends or grandkids if applicable.