

# 30DayJourney

## DAY 16: CREATE A MEMORY AND VISIT IT OFTEN



**Watch:** Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

**Think:** What are your favorite memories during your growing up years? You may have many, or you may have few. But everyone—even a person who grew up under difficult circumstances—has some fond memories. Do you have one? Now here's a question: how do you feel about the other people who were involved in that memory? Odds are high you feel good about them.

**Do:** Today's task is to create a positive memory for one or more members of your family. If you can make the memory today by doing something that the others love to do, then do it. If you want to do something more elaborate, like planning a trip, then announce it to the family and commit to planning it and following through. If you don't already know what to plan, you may want to get everyone's input on what to do. Just don't get discouraged if everyone doesn't immediately buy in. It may require time and gentle encouragement to get everyone on board.

**Tell:** If you make the memory today, take a photo. Then show it to others. If you use social media, share using the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

**When you create good memories with family, you become bonded, and when difficult times come, visiting those memories helps to keep you together.**

