

# **The 3-2-1 Storytelling Exercise to help with memory.**

Here are 20 “episode” ideas that are perfect for the 3-2-1 Story Drill. Each includes quick questions that can help stimulate more recall, especially if the adult is having a hard time getting going.

## **First day at your first job**

*5Ws prompts:* Who hired you? What did you do? Where was it? When (year/season)? Why did you take it?

## **Buying (or fixing) your first car**

*5Ws:* Who went with you? What model? Where did you find it? When? Why that car?

## **A concert (or show) you’ll never forget**

*5Ws:* Who performed? What surprised you? Where did you sit/stand? When was it? Why was it special?

## **The day you met your spouse/partner or best friend**

*5Ws:* Who introduced you? What were you each doing? Where? When? Why did you click?

## **A holiday meal that went wrong (or perfectly right)**

*5Ws:* Who cooked? What dish was the star (or disaster)? Where did it happen? When? Why is it memorable?

## **Moving into your first home/apartment**

*5Ws:* Who helped? What did you bring first? Where was it? When? Why that place?

## **A travel mishap or unexpected adventure**

*5Ws:* Who were you with? What went wrong? Where were you stranded? When? Why did it turn out okay (or not)?

## **A teacher/coach/mentor who changed you**

*5Ws:* Who were they? What did they say/do? Where did it happen? When in your life? Why did it stick?

## **A big community event (parade, protest, championship, blackout, storm)**

*5Ws:* Who was there? What happened? Where exactly were you? When (date/year)? Why was it important?

**Receiving news that changed your path (job offer, diagnosis, acceptance letter)**

5Ws: Who told you? What did they say? Where were you standing? When? Why did it change things?

**Retirement Day: Closing the office door for the last time**

5Ws: Who was there to say goodbye? What did you hand off? Where were you standing? When was it (exact date)? Why was it emotional or freeing?

**A DIY project that failed (or finally worked!)**

5Ws: Who helped (or watched)? What were you building/fixing? Where in the house/garage? When did it happen? Why did it succeed/fail?

**Your first pet**

5Ws: Who came with you? What made you choose that animal? Where did you get the pet? When was it? Why did you love this pet?

**A moment in nature that stunned you (Grand Canyon, eclipse, tornado, aurora, ocean storm)**

5Ws: Who were you with? What did you see? Where exactly were you standing? When (time of day/year)? Why did it stick with you?

**A mix-up or miscommunication that became a funny family legend**

5Ws: Who was involved? What went wrong? Where did it happen? When? Why is it still funny now?

**The day you changed your mind about something big (career, belief, parenting, health)**

5Ws: Who influenced you? What changed? Where were you when you realized it? When did it happen? Why did your view shift?

**An event you attended with an unforgettable twist**

5Ws: Who was with you? What unexpected thing happened? Where? When? Why did it become the story everyone tells?

**Your favorite music group or musician**

5Ws: Who introduced you to them? What song/album first hooked you? When was the last time you listened to them? Where did you see them live (if ever)? Why did their music resonate with you emotionally?

### **The piece of technology that amazed you most the first time you used it**

5W's: Who showed it to you or convinced you to try it? What was the device or technology and what could it do that amazed you at the time? When did you first try it (year, decade, life stage)? Where did you buy or access it? Why does it still stand out among all the tech you've used?

### **One of your childhood friends**

5W's Who was the friend (name, nicknames)? What did you love doing together (sports, music, exploring, mischief)? When did you meet (grade, age, summer camp)? Where did you spend most of your time (neighborhood, school, park, arcade)? Why did this friendship matter so much?

Provided by

