



# MEMORIES AND CONNECTIONS

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SOUTH JORDAN, UT

*This plan is all about memories and friends. Each day you will remember something and then tag or otherwise contact someone who shares the memory with you.*

**BEFORE YOU BEGIN:** Be sure to visit our website and fill out the Pre-Experiment Survey!

**TAKE SURVEY**

## 1 PICK YOUR MEDIUM

Decide what medium you will use for this project. It could be one or more social media accounts, a journal, or something else.

## 2 FAVORITE HOLIDAY TRADITION

What is your favorite holiday? What is your favorite holiday tradition? Describe it. Be sure to tag someone who has experienced this tradition with you and invite them to do this plan.

## 3 HOMETOWN

What is your hometown? What do you remember about it? Tag someone from your hometown and invite them to do this plan.

## 4 INFLUENTIAL MENTOR

Who has been an influence for good in your life? How did they influence you?  
As always, tag someone, either the mentor or someone else connected to them.

## 5 FUN MEETING STORY

Tell how you met your spouse, a close friend, or someone else. Tell the story. Tag the person.

## 6 FIRST CONCERT

What was the first concert or similar event you ever attended? Who did you go with?

## 7 HOBBY

What is a hobby you enjoy? Tag someone connected to your hobby.



# MEMORIES AND CONNECTION

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## FAMILY MEMORY

What is a favorite memory with a sibling or other family member? What makes it so memorable? Tag your family member(s).

9

## CRUSH

Do you remember your first crush, first kiss, first boyfriend/girlfriend? Tag them if you dare!

\*If all else fails, tag your current or most recent partner. There is no wrong way to do this!

10

## PET

Talk about one or more pet(s) you have had. If you can, tag your pets!

11

## PARTNER IN CRIME

Who was or is your "partner in crime"? What's the craziest thing you did together?

12

## SCHOOL DAYS

Think back to when you were in school. Who is someone you remember well? This could be someone from college, preschool, or anything in-between.

13

## WORKING DAYS

Do you remember anyone from your very first job? What about your current job? Tag them!

14

## ROAD TRIP

What was your most memorable road trip or vacation? Who went with you? What did you do?

15

## MISCHIEF MAKING

When did you get into trouble? What did you do?

Tag someone who did this with you or tag someone to whom you still owe an apology. If all else fails, ask your mom what you did and tag her.





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TEACHER

Who was your favorite or most memorable teacher?

17

NEIGHBOR

Is there a neighbor who has been particularly meaningful or memorable for you?

18

CELEBRITY

Who would you most like to meet? Why? Tag them if you can!

19

EATS

What is your favorite food or favorite restaurant or most memorable meal? With whom do you share this memory?

20

SHARED MEMORIES

Think of someone who you think would enjoy this activity. Tag them and have them start this activity.

21

FREE SPACE - ANY MEMORY

Think of any memory you want and share it!

WHEN YOU'RE DONE: Be sure to visit our website and fill out the Post-Experiment Survey!

**TAKE  
SURVEY**



Share your progress with us on [Facebook](#), [Instagram](#), [Twitter](#), or [TikTok](#) using the hashtag #21DayExperiment

# MEMORIES & CONNECTIONS

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DAY 1

☐

Pick Your Medium

DAY 12

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School Days

DAY 2

☐

Favorite Holiday Tradition

DAY 13

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Working Days

DAY 3

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Hometown

DAY 14

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Road Trip

DAY 4

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Influential Mentor

DAY 15

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Mischief Making

DAY 5

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Fun Meeting Story

DAY 16

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Teacher

DAY 6

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First Concert

DAY 17

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Neighbor

DAY 7

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Hobby

DAY 18

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Celebrity

DAY 8

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Family Memory

DAY 19

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Eats

DAY 9

☐

Crush

DAY 20

☐

Shared Memories

DAY 10

☐

Pet

DAY 21

☐

Free Space: Any Memory

DAY 11

☐

Partner in Crime