

PICTURE YOUR STORY

CONTRIBUTED BY: *Donita Coleman from Gold Canyon, AZ*

Pick 21 pictures of you and tell a story to go with each..

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

**TAKE
SURVEY**

1 FIRST HOME PICTURE

Find a picture of the first home you ever lived in. Consider adding information about when your family moved there, where you are, who was living there with you. If you don't have a picture, you might be able to find one by searching it out on [GoogleMaps](#) and screen capturing it.

2 EARLY CHILDHOOD PICTURE

Where was this picture taken and is there any other interesting information about where it was taken, what you're wearing, etc. What is your first memory? Do you remember anything else about being this age?

3 LEARNING A NEW SKILL PICTURE

Learning new skills can be challenging and interesting. What do you remember about learning to ride a bike or to roller skate or to advance a talent? What was hard for you to learn? Tip: Remember, this is your story! Use the pictures you want to tell your story.

4 FAMILY VACATION PICTURE

What do you remember about this vacation? Where did you go, how did you get there, and who was with? What was the most fun? What other interesting memories do you have of this vacation?

5 FIRST DAY OF SCHOOL PICTURE

Do you remember this? Were you petrified? Did your parent go with you? Were you ok with going back the next day? What did you wear and why?

6 ELEMENTARY CLASS PICTURE

What school did you attend and what grade were you in or what age were you? Who was your teacher? Are you still friends with anyone in the picture?

7 FAMILY MOVED PICTURE

Did you move during your childhood? How did you feel about moving? Where did you move from and where did you move to? Did you get your own bedroom? What other memories do you have of moving? Didn't move? Pick another picture that is special to you and add some details about that picture.



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SIBLING PICTURE

Name each of your siblings as well as what age they were when the picture was taken. Where were you and what were all of you doing when the picture was taken?

9

FAMILY WORK PROJECT

Was your family big on family work projects? Did everybody have to help with yard work? Or perhaps there was a big project that made an impact in your family's life? You might also consider what chores you had to do on a certain day of the week or even every day? Talk about the who, what, when, and where of your family project.

10

PICTURE OF FAVORITE PET

Write your pet's story; What was its name and why? Why kind of pet was it and why did it get chosen? Why was this the favorite pet? Add any other details about the sights, sounds, and feels of your pet.

11

CRASH, BOOM, BANG

Do you have any stories about accidents or incidents or scars you've accumulated over the years? How did your accident/incident come about? Was this a learning experience? Was anyone else with you and where did it happen?

12

FAVORITE HALLOWEEN COSTUME PIC

Have an especially memorable Halloween costume? How old were you? Did someone make your costume? How old were you when you stopped trick or treating? Tip: Seriously, you're STILL trick or treating?

13

FAVORITE HOLIDAY PICTURE

Why is this holiday your favorite? What special preparations were made? Are there specific parts that are repeated every year? Do you know where this tradition originated?

14

MIDDLE SCHOOL ACTIVITY

Did you participate in sports, choir, theater, or other extracurricular activities in middle school? What were your interests and why? Any special moments or friends associated with these activities?

15

HIGH SCHOOL ACTIVITY

What picture best reflects your interests in High School? Do you have your graduation picture? When and where did you graduate and what were you feeling that day?
Tip: This could also be your "first ride" or first date or first girl/boy friend.



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16 COLLEGE OR FIRST JOB

Find a picture that represents this transition time and its challenges
Tip: This is a big topic and you might want to include multiple pictures. Also consider mentioning feelings and concerns of what you left behind and what you moved on to. What did you feel about moving into adulthood?

17 BEST FRIEND(S)

Who were you best friends? Where did you meet and what are some special memories. What were you doing in the picture and where were you? What adventures did you share together?

18 MEETING OR DATING "THE ONE"

How did you meet? Tell your love story.

19 WEDDING PICTURES (OF COURSE!)

Select some of your favorite wedding pictures. Why are they your favorite? Where were you married and what are some of your most special memories of that day? Who was there? Write about the activities and consider a putting a timeline of the day together.

20 YOUR GROWING FAMILY

Write the story of your family from the beginning to the present. A timeline can be especially effective in helping you remember and sparking old memories long since past.

21 PICTURE OF YOU TODAY

End your story with a message or advice that may encourage someone else on their journey.
Tip: To preserve this marvelous work, have your Picture Your Story printed...there are very reasonable options available, books like this begin at about \$20 at Costco.

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

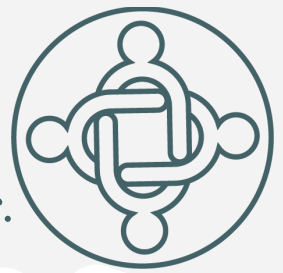
**TAKE
SURVEY**



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

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CONTRIBUTED BY: DONITA COLEMAN, Gold Canyon, Arizona, U.S.



DAY 1

☐

First Home Picture

DAY 12

☐

Favorite Halloween Costume Pic

DAY 2

☐

Early Childhood Picture

DAY 13

☐

Favorite Holiday Picture

DAY 3

☐

Learning a New Skill Picture

DAY 14

☐

Middle School Activity

DAY 4

☐

Family Vacation Picture

DAY 15

☐

High School Activity

DAY 5

☐

First Day of School Picture

DAY 16

☐

College or First Job

DAY 6

☐

Elementary Class Picture

DAY 17

☐

Best Friend(s)

DAY 7

☐

Family Moved Picture

DAY 18

☐

Meeting or Dating "The One"

DAY 8

☐

Sibling Picture

DAY 19

☐

Wedding Pictures (of course!)

DAY 9

☐

Family Work Project

DAY 20

☐

Your Growing Family

DAY 10

☐

Picture of Favorite Pet

DAY 21

☐

Picture of You Today

DAY 11

☐

Crash, Boom, Bang