

<p><b>Foods</b> – smells or tastes with powerful memories attached</p>	<p><b>Places</b> – settings in which you feel comfortable; familiar or significant places you've visited or have memories of</p>
<p><b>Objects</b> – meaningful objects that might be found around your home that communicate some aspect of your history</p>	<p><b>Activities</b> – activities you enjoy doing or specific experiences that define you or helped you grow as a person</p>
<p><b>Close family members</b> – influential people in your life and the memorable experiences you've shared with them</p>	<p><b>Quotes</b> – common phrases or statements that are typical in your family</p>
<p><b>Influences</b> – groups or teams you may have been involved with that have influenced your growth as a person; ideas or philosophies that matter to your family</p>	<p><b>Events / Traditions / Celebrations</b> – specific experiences which are important for your family to participate in</p>

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