

Think about brushing your teeth.



Now, think of all six events at once.

Think about brushing your teeth

Clear your mind

Are they arranging themselves in your mind as a line with the most recent memories closest and the more distant memories farther away?

- one week ago

- two months ago

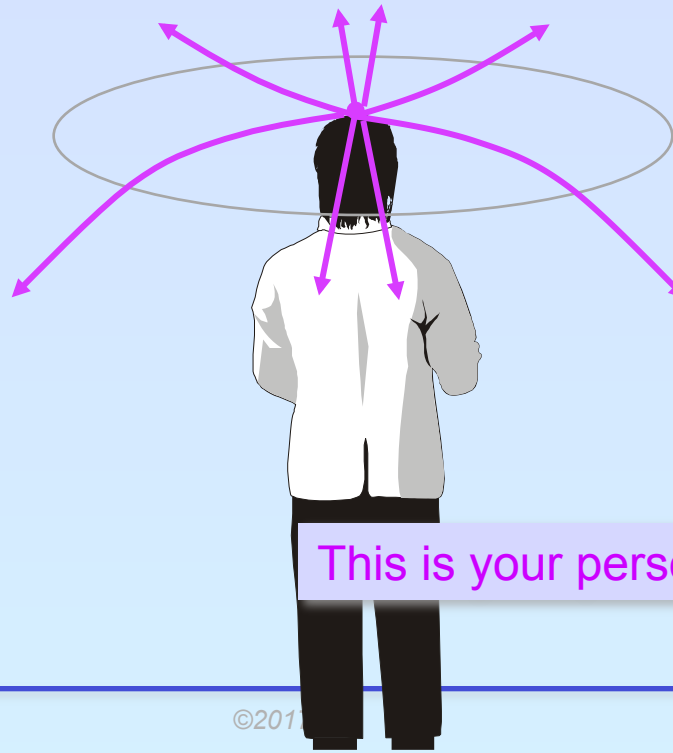
- six months ago

- one year ago

- three years ago

- ten years ago

Examples



This is your personal timeline of the past

Note it down



# Finding Your Personal Timeline

The future



Now think of all six events at once.

Think about brushing your teeth

- in one week

- in two months

- in six months

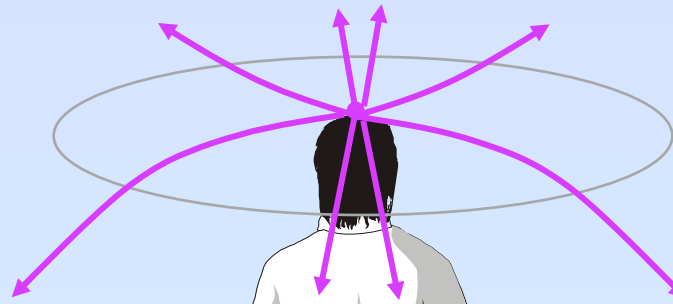
- in one year

- in three years

- in ten years

## Where is the future?

Examples



This is your personal timeline of the future

Note it down

In which way are they arranging themselves in your mind?



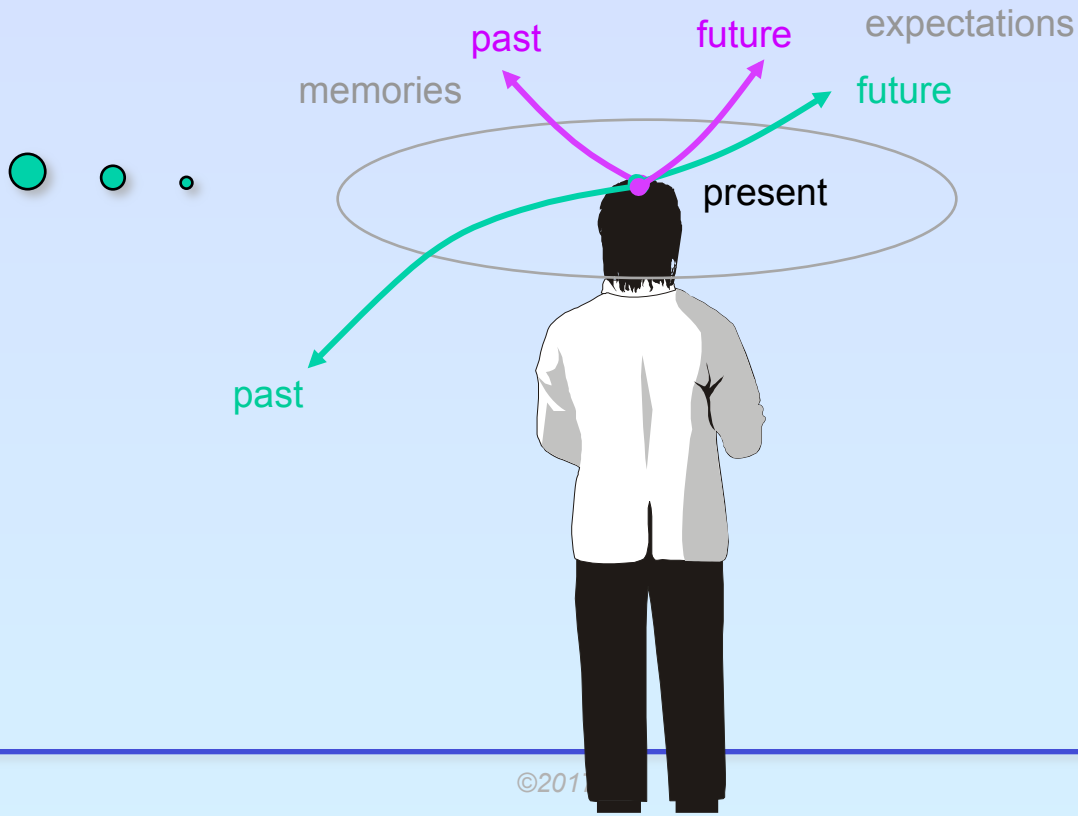
# Your Personal Timeline

Past and future

Put the past and future traces together

Together, your past and future traces form your timeline, with you at the present.

## Examples



End of session

Return to menu.