

SKETCHBOOK ADVENTURES

Prompt 30: Dear me – A note to your future self

If you asked me what I ate last Tuesday for lunch, I would have no idea. However if you asked me what I was doing and where I was Aug. 1, 2010, I could tell you not only where I was (my parents' back yard) and what I was doing (swimming in the pool) but I could also recall with ridiculous clarity how I felt that day. The reason is because on that day I wrote a note to myself in my sketchbook, which helps me remember my state of mind at the time and my hopes and dreams for my future.

I was at my parent's house recovering from a broken heart and spending the summer working, swimming and wondering if I'd ever find love again. I picture the clear blue sky with one wispy white cloud behind the power lines above me and the insanely clear turquoise water of the pool. I can recall bits of the conversation about relationships, doing what you love for a living, and life in general that I had with my dad as we dangled our feet in the water. I remember that we were drinking ice-cold Mexican beers and later that day we grilled steak and made amazing tacos.

If I hadn't captured that moment in my sketchbook I would not remember it nearly as vividly as I do now. When we're in the thick of things feeling all the intense feelings of that precise moment in time, it seems bigger than anything else and we feel like we'll remember the moment and the lessons we learned from it but then days or weeks or months or years pass and that memory gets blurry. That's one of the awesome things about recording your life and experiences in your sketchbook – it helps you recall and relive your extraordinary life.

For this prompt, your goal is to create a page in your sketchbook that contains a note to your future self. It can be a reminder of something you learned that you don't want to forget or something that you want to accomplish or a snapshot of your life at that very moment so that you don't ever forget what you thought, felt, saw, heard, tasted, smelled and imagined at that precious time

