

QC0061 - 3 Things Everyone Needs - Memories

Today, we come to the last in our 3 part series called “3 Things Everyone Needs.” In episode 59, we said the first thing that everyone needs is **MARGIN**. And we talked about what that means and how to get it. Then, last episode (episode 60) we said that the second thing everyone needs is **MEANING**. And we went into great detail talking about the importance of having meaning in your life, and how you might find it.

This brings us to the third thing everyone needs. And today, we’re going to talk about **MEMORIES**.

MEMORIES

At first, memories might seem like a strange thing to add to a 3 Things Everyone Needs list. But as we dig into it, I think you’ll see why it made the list.

Memories play a bigger part in life than you might think. Memories are...

- **The legacy of life.** When we come to the end of our life, they’re all we really have left, and they’re the most important thing we leave behind.
- **The markers on your life’s timeline.** You mark the stages and progression of your life based on your memories. They can be memories of your first bike, your first car, your first the day you got married, your first kid, a special vacation... You have certain memories that mark certain stages of your life’s timeline.
- **The repository for both good and bad experiences.** Our experiences can leave us with both good and bad memories. We need to be mindful that we can make and plant either. And both can be powerful in our life and how we interpret life.

WHY ARE MEMORIES IMPORTANT?

Memories are important, first of all, because **they are foundational to our lives**. Our memories shape how we see ourselves, how we see others, and how we see the world. That’s what makes diseases like Alzheimer’s so terrible...because it robs us of our memories.

But memories are also important because **they’re useful**. Through out our lives, our memories can encourage us, comfort us, instruct us, and ground us.

And finally, our memories **are durable**. Some memories last a life time...both good and bad. That's why it's so important to make the best memories you can.

HOW TO MAKE MEMORIES.

The first thing you need to make memories is **intentionality**. Yes, some memories are unplanned and unintentional. But that doesn't mean they all have to be that way. You can put some intentionality into making memories.

When something is happening, ask yourself this question... ***"20 years from now, will this be a good memory?"***

And the second thing you need to make memories is **the right ingredients**.

What are the ingredients that go into making memories?

- TIME - Yes, some memories (good and bad) can be made quickly, in the spur of the moment. But you can also set aside both quality and quantity of time to make intentionally make memories.
- Presence - Simply put, you can't remember something if you're not present in that moment. We miss so many great memories because we're too preoccupied to really be present in the moment.
- People - The best memories often involve people. Even if it's a trip somewhere, it has a lot to do with the people who are with us. Be a person who makes memories with others.
- Emotions - Our memories are very often connected with an emotional experience...both good and bad. The strength of the emotion has an impact on the strength of the memory.
- Tokens - A great example of this is Christmas ornaments that have been handed down. Usually it's not about the beauty of the ornament, but the beauty of the memory connected to that ornament. Tokens from special times are a good way to spark and keep our memories.
- Rehearsal - The more you rehearse an event or experience, the more it solidifies as a memory.

Now, a couple of things about these ingredients...not everyone is required to make a memory, but the more of them you have, the stronger the memory.

And one more thing I want you to notice...in all the things I talked about that go into making memories, the one thing I didn't mention was MONEY! You can make wonderful memories without any money.

A FINAL WORD...

Memories. Along with Margin and Meaning, Memories are the third thing that everyone needs. As I said before, when we get to the end of our lives, all we have is our memories. So don't miss out on the memories that are happening right in front of you. And don't miss the opportunity to make some memories... for you and for others.

Make your memory bank full, and you will find a full life at the end.