

Memory Net

5 year periods (start with the present and go back as far as you like)	Personal Life/Leisure	
	Activities	Achievements, Skills, Abilities

5 year periods (start with the present and go back as far as you like)	Learning	
	Activities	Achievements, Skills, Abilities

5 year periods (start with the present and go back as far as you like)	Work	
	Activities	Achievements, Skills, Abilities

(Adapted from: Bolles, R N 1989, *What Color is Your Parachute? A practical manual for job-hunters and career changers*, Ten Speed Press, Berkeley, CA, pp. 218-223.)