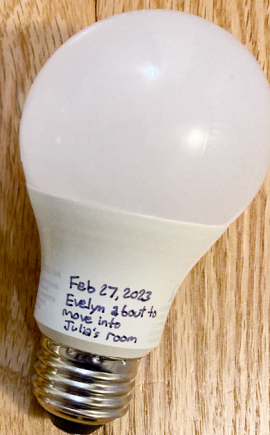


A TINY HABIT FOR YOUR FUTURE SELF

Lightbulb Memories

Keep this sheet in the box with your spare bulbs.



- 1** Before you screw in a new bulb, **write today's date** on its base with a Sharpie.
- 2** Add **one line** about what's going on in your life.
- 3** Screw it in and **forget about it**.

Years later, when it burns out, you'll find out how long it lasted and get a note from your past.

Tips: Write big and bold, because ink fades over the years. Use a regular Sharpie, not a fine-tip marker. Take a photo of the bulb with the writing before installing.

What to write Pick one. Small details are the best ones.

Your people

Kids' ages or grades: *"Julia 1st grade. Evelyn PK-3."*

Family milestones: *"Lost first tooth last week"*
"Dad's 50th birthday last weekend"

Pets: *"Max learned to sit"*

Friends: *"Game night with the Johnsons"*

Who's helping: *"Emma held the ladder"*
(or let a kid write the whole thing)

Your home/apartment

The room's story: *"Evelyn moving into Julia's room"*

How long you've lived here: *"Moved in two years ago"*

Home projects: *"Painted the living room blue"*

Who's visiting: *"Grandma staying for the week"*

Something broke: *"Furnace died before Christmas"*

The neighborhood: *"New coffee shop opened"*

Rearranging: *"Moved the couch to the other wall"*

Your life right now

Recent vacation: *"Back from Disney 3 weeks ago"*

What you're into: *"Spider-Man phase"*
"Can't stop listening to Olivia Rodrigo"

Reading or watching: *"Just finished Atomic Habits"*

Work: *"Launched the new website"*

Achievements: *"Ran my first 5K"*

Weather: *"First snow of winter"*

Prices: *"Gas is \$4.29 a gallon"*

Notes to future you

A prediction: *something realistic, or something wild*

A question you can't answer yet: *"Will we still live here in ten years?"*

(When it burns out, write the answer on the replacement.)

A link in the chain: copy the old bulb's date onto the new one. *"Replaced the bulb from June 28, 2017"*

Share the project

Know someone who'd enjoy this? Share the project with them. spudart.org/try/lightbulb-memories

Show me your bulb

Share a photo with [#lightbulbmemories](https://twitter.com/lightbulbmemories) or at spudart.org/tried-it