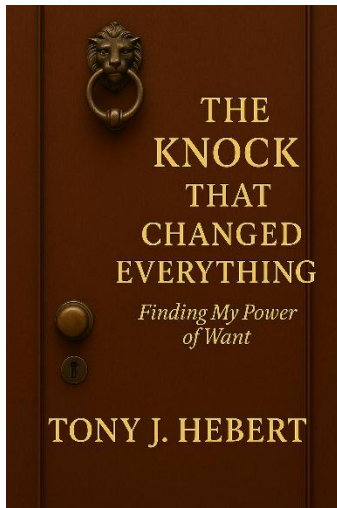


Where One Memory at a Time© Began



One Memory at a Time© did not begin as a formal program. It began much earlier, while I was writing my memoir, *The Knock That Changed Everything – Finding My Power of Want*. Over the years I spent writing, rewriting and returning to my life story, I discovered that memory rarely arrived in a straight line. One recollection led to another. A person led to a place. A place led to a sound, a smell, a feeling or a moment I had not thought about for decades. Each revision seemed to open another door.

I also began to understand that the strongest memories were often not the “big events” I expected to remember. They were ordinary moments: a crowded family home, the woods behind our house, the smell of newspaper ink, a kitchen table, a parent’s words, a neighbour, a first job, a family tradition. Looking back at those memories helped me see how deeply people, places and small experiences had shaped the person I became.

That realization became one of the foundations of the One Memory at a Time© approach. I learned that memories are often easier to reach when we begin with something familiar rather than with a direct demand to remember. A story, a photograph, a phrase, a sound or a sensory detail can become the doorway. Once something connects, the most important thing is not to keep asking questions. It is to pause, listen and allow the person to follow the memory wherever it wants to go.

My memoir also taught me that preserving a life story is not only about documenting facts. It is about recognizing the people who shaped us, the lessons we inherited, the values that travelled through families and communities, and the small moments that may otherwise disappear. In the book, I wrote about returning again and again to “the doors of memory” to capture lessons worth passing on. That idea eventually grew into the One Memory at a Time© Guided Storytelling Methodology© and the principle that now sits at the heart of the program:

We don’t ask for memories. We help them arrive.