



MEMORIES & JOURNALS

The moments of our year

A family journal to tell everyday stories and keep what matters



AI illustration - fictional people

ILLUSTRATED JOURNAL + MONTHLY PAGES

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THE GUIDE

A year, your way

This journal welcomes family as you define it: a household, loved ones, several generations or the people you consider family. Keep it alone, as a pair or together. No single family model is expected.

Start in any month. The twelve monthly pages have no fixed year or calendar dates: use only those that help. If you start midyear, leave earlier months blank or revisit them with a note that the account is retrospective.

Read the guidance, try the example and print useful pages. Worksheets are static and completed on paper. They do not calculate, store anything online or send your memories to CENIV.

THE GUIDE

Choose what stays private

Before writing together, decide who may read the journal and who will keep it. Anyone may decline a photo, quotation or topic. A family conversation is not permission to publish. Before recording or sharing, ask clearly what may be kept and who may see it.

With children, use age-appropriate words, offer drawing and respect a refusal. An adult checks any external sharing first. Avoid unnecessary exact addresses, school details, credentials, official documents or health information.

Keep a personal page separately if useful. Do not copy the journal into a digital service by default; consciously choose what you want to entrust to it. This method does not replace rules applicable to your circumstances.

THE GUIDE

Listen to more than one voice

The same meal may mean something different to each person: a recipe, a joke or a comfortable silence. Invite everyone to choose a detail before creating a shared version.

One question is enough to begin: which small moment would you like to keep? Let the answer come. Follow up on a detail without immediately correcting it or seeking a spectacular story.

With permission, an exact sentence may be written in quotation marks. If you paraphrase, say so. An uncertain date stays uncertain: write “around the start of the month” instead of inventing one.



AI illustration: three fictional generations share memories.