

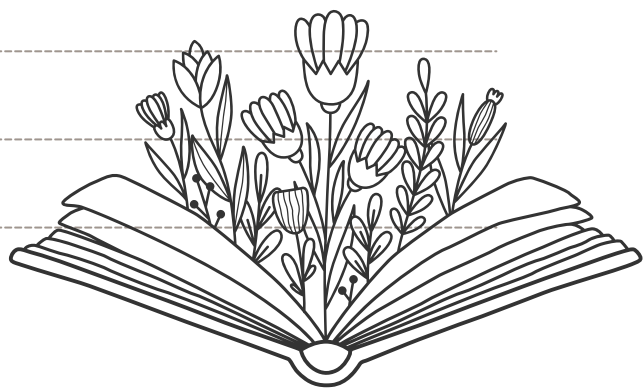
Experience is key, I feel, for journalling, so if you can, for any of the sections on the list, try and physically experience a scent. Close your eyes and really breathe it in. It's difficult to describe a scent, but do try, and link those scents to a summer memory and the feeling that that memory evokes.

1. An environmental scent - step outside, what do you smell on this late summer day or evening?
2. A man-made scent - for me this would always be the scent of suncream which is on every holiday maker I pass in the street at this time of year. What else can you think of?
3. A food scent - this one is probably the easiest one, but also a good excuse to eat your favourite summer food.
4. An animal scent - horse stables, muck spreading, dog coat wet from the sea?
5. The scent of a place - every place has its own scent. What place are you, or have you visited over the summer?

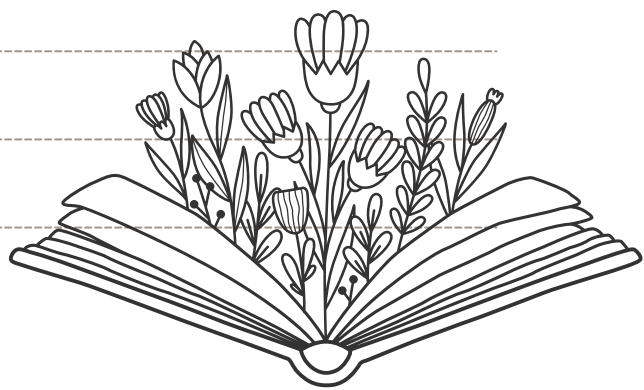
Try and link each of your scents to a specific memory and go further than simply capturing that memory, capture the emotions and the feelings felt in that minute in that memory.



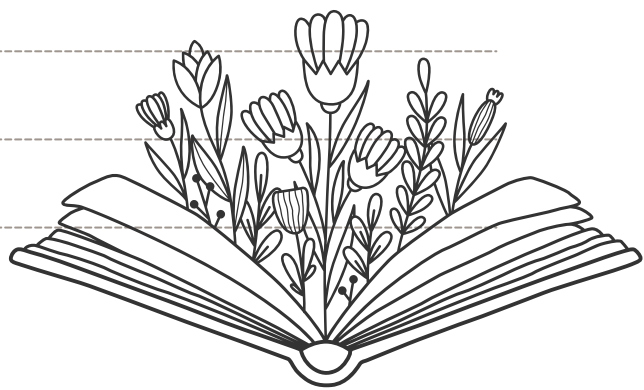
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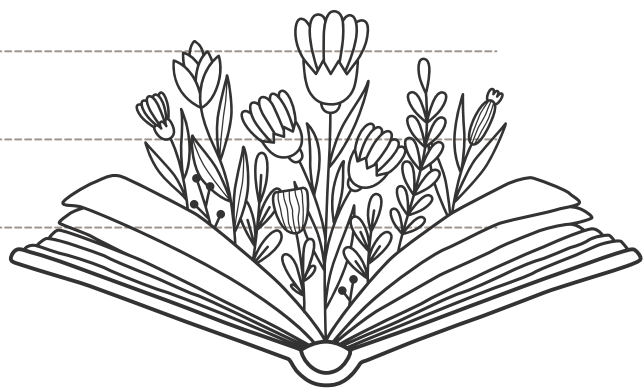
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Handwriting practice lines consisting of 20 horizontal dashed lines.

