

2023: A Year in Reflection

At Living Skin

What does preservation mean to you?

Another year passes, another leaf turns, another door closes, another door opens. Times of reflection can feel anywhere from pointless, daunting, rewarding, enlightening, or any combination of these. For some, the holidays play a large part in these movements, and for others, creating new years resolutions pushes us to think of our year past. Whatever the reason, a retracing of our pasts will always be a tricky and at times overwhelming process to navigate.

Living Skin searches for a familiar face to this process by providing a (potentially) consistent and communal system of reflection and preservation of such. Paper personal archiving is a form of retracing, recollecting, processing, and organizing that continues to build upon itself, is easily organized, and independent on just the turning of a new year for it to matter.

Example Guidance Questions

Section 1: This Past Year

- What is something you started doing this year?
- What is something you stopped doing this year?
- What is something you were able to get off your chest this year?
- What was a moment that showed you how to feel something again?
- What were your biggest accomplishments this year?
- What was your most memorable movie or song of the year?
- What was something a friend did for you you really appreciated?

Section 2: Staying in the moment

- How would you like to remember today?
- Can you remember a moment where you were completely caught off guard?
- What was your most recent positive or happy memory?
- What was your most recent negative or sad memory?
- What is something you're still working through?

Section 3: Retracing the past

- What is your first memory?
- Can you identify a memory for every year of your life?
- Do you remember the first time meeting your closest friends, significant others?
- What was a season of turmoil you were able to work through?