



# Momento Photo Book Hints & Tips

## How to download the software to start creating your *it's about us* book

1. Download and install the free Momento Mac or Windows software
2. Start your *it's about us* photo book by clicking 'Photo Books' and then the *it's about us* button
3. Upload and order your book via the Momento website
4. Your discount will be automatically applied

## How to ensure you receive the 50% discount

Momento Photo Books is contributing to this project by offering a 50% discount (excluding delivery costs) on *it's about us* books. To qualify for this discount, please ensure that you start your project using the *it's about us* quickbook button in the start up screen of the Momento software.

## How your book qualifies as an *it's about us* book

You can edit the quickbook by adding or removing as many photos, embellishments and pages as you like, but the finished project must contain more art from the *it's about us* embellishment pack than from any other embellishment pack.

## *it's about us* book sizes available

When starting the *it's about us* project for the first time in the Momento software, you will be asked what size book you'd like to create. You have the choice of 'Grande' (297mm square), 'Regular' (210mm square) or 'Small' (148mm square).

## Inserting your content into the text fields

Be aware that once you click on a text field to type your copy, the pre-loaded idea prompts will disappear. Refer to the next 3 pages in this document if you need some inspiration on what to write about.

## Customising your *it's about us* book

Once selecting to create an *it's about us* book from the Momento software menu, a quickbook design will load. You are free to use the book design as is, or can edit the pages by adding, moving or removing photos, embellishments and pages to create a more custom design suited to you. But remember, to qualify as an *it's about us* book, the finished project must contain more art from the *it's about us* embellishment pack than from any other embellishment pack.

**Please see the following pages for thought starters and ideas to help you complete the pages of your book**



# Memento Photo Book Thought Starters

## it's about the diagnosis

*You may wish to write about:*

- Detection
- Diagnostic Tests
- Doctors

## it's about the treatment

*You may wish to write about:*

- Surgery (hospital stay, food, visitors, bracelet, doctor)
- Chemo (taste buds, hair loss, changes, nurses)
- Radiotherapy
- Time line

## it's about changes

*You may wish to write about:*

- Surgery scars
- Reconstruction
- Hair loss
- Wig shopping
- Stupid things people said

## it's about encouragement

*You may wish to write about:*

- Humour
- New friends
- Inspiring stories

## it's about everyday

*You may wish to write about:*

- Celebrations
- Special events
- Holidays
- Coffee / lunch dates
- School activities
- Washing
- Cooking
- Things I enjoyed doing
- Everyday things

## it's about childhood memories

*You may wish to take a trip down memory lane and write about some of your own childhood memories:*

- School / sport / home
- Parents / siblings / friends
- Influences / stories / funny things
- Family tree

## it's about milestones

*You may wish to write about important milestones in your life:*

- 18th
- 21st
- Weddings
- Travel
- Work / life achievements
- Birth of children

## it's about promises

*You may wish to write about:*

- Promises to myself
- Promises to family
- Promises to friends
- Things I want to do
- Making a difference
- A letter to myself

## it's about reflections

*You may wish to write about:*

- Things I've learnt
- Things I've appreciated
- What I was scared of
- What gave me hope
- Who inspired me
- Challenges I faced
- People who made a difference
- People who surprised me
- What being diagnosed means to me
- What changed
- What stayed the same



# Memento Photo Book Thought Starters

## it's about support

*You may wish to write about:*

- People
- Support
- Humour
- What got you through

## it's about thoughts

*This page can be completed by someone close to you who would like to contribute to your book with a message of their own. Things they could write about:*

- What scared me
- How I felt
- Things we did
- Things people did for us
- Things I should have said
- What you taught me
- What you mean to me
- What I know about us
- Things I appreciate about you
- Promises to you
- Favourite moments

## it's about moving forward

*You may wish to write about:*

- Regrets
- Moving forward

## it's about thanks

*You may wish to give thanks to those that have helped you along the way.*

## it's about my child

*You may wish to write about:*

- Pregnancy / labour
- Feelings about birth
- Holding you for the first time
- 1st - birthday, tooth, words, day at school
- Things we've done together
- Favourite games / activities / places

## it's about friends

*You may wish to write about:*

- Memories
- What I want to tell you
- Good / bad times
- Conversations
- Funny stories
- What I appreciate about you
- What I love about you
- When I think of you
- Letter to you
- What I've learnt about you
- How you have helped / supported me

## it's about family

*You may wish to write about:*

- Memories
- What I want to tell you
- Good / bad times
- Conversations
- Funny stories
- What I appreciate about you
- What I love about you
- When I think of you
- Letter to you
- What I've learnt about you
- How you have helped / supported me

## it's about my partner

*You may wish to write about:*

- When / where / how we met
- 1st - date, kiss, house, child, meeting parents
- Proposal
- Wedding
- Honeymoon
- Holidays
- Special places
- Favourite memories



# Memento Photo Book Thought Starters

## it's about beliefs

*You may wish to write about:*

- Love
- Life
- Me
- Us
- Family
- Values

## it's about wisdoms

*You may wish to write about:*

- Education
- Friendship
- Love
- Experiences
- Travel
- Family
- Career

## it's about events

*You may wish to write a message or letter for special occasions in the future. This could be for a family member to read on their special day:*

- 18th
- 21st
- Weddings
- Graduation
- Birth of children

## it's about hopes & dreams

*You may wish to write about:*

- What I love about you
- What you mean to me
- Things I appreciate
- What you taught me
- What I've learnt about us
- Hopes for you
- What I want you to know