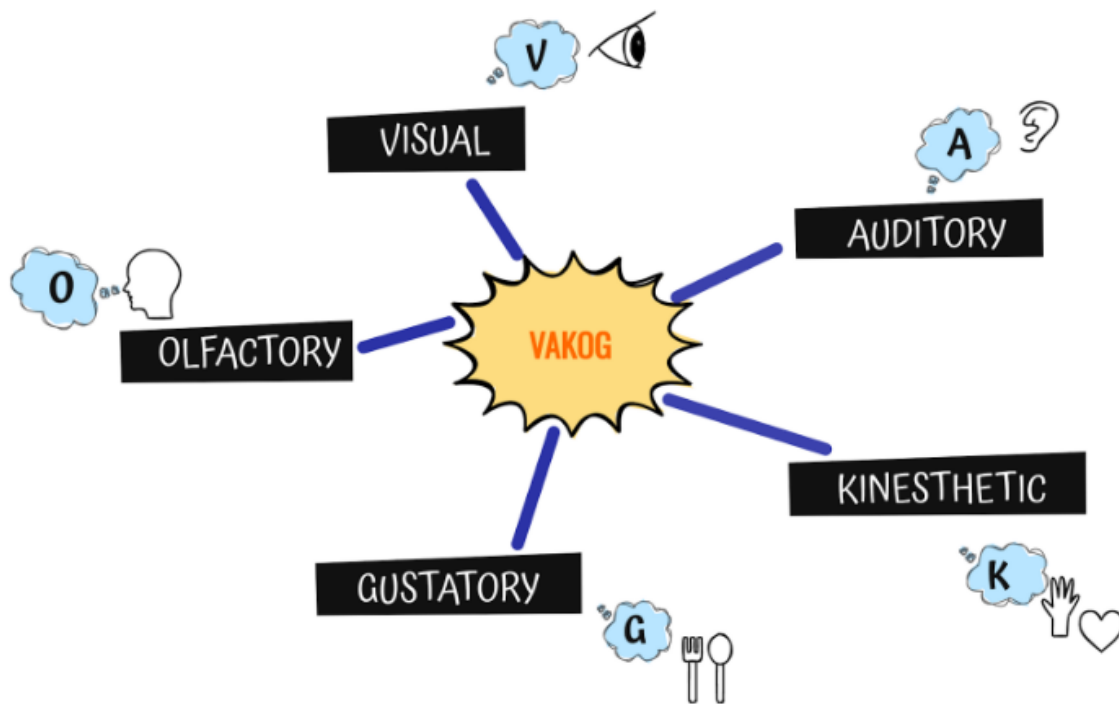


**F1. VAKOG - Visual, Auditory, Kinesthetic, Olfactory, Gustatory**



## Overview

When we tell our story, we often do so out of habit. We use the **same** VAKOG from the *same* point of view, with the *same* contexts... **over and over again**.

It's a process we've done since we were children. We feel comfortable telling "our story."

But what if "our story" isn't serving us? Is there a way to loosen up "our story"?

There is. This is where the Story Features tools come in.

And the great news is that Story Features are wonderfully straightforward and easy to use because we actually use them all the time in our day-to-day life. They are already unconscious competencies.

Now we're going to bring them to our conscious attention so we can learn how to harness them and apply them to memory work.

The first is **VAKOG**.

**VAKOG** is an acronym for our five senses.

- 1 - Visual - see, sights
- 2 - Auditory - hear, sounds
- 3 - Kinesthetic - feel, touch, emotions, sensations
- 4 - Olfactory - smell
- 5 - Gustatory - taste

It is through our five senses that we become aware of our memories.

VAKOG creates a framework for what we "know."

We "know" through lived experience, and we experience life *through our bodies*. Our bodies are rich with sensual information.

Since VAKOG creates a framework for what we "know," it is the starting point to work forwards and backwards within memories.

When we harness our VAKOG, we influence our perception of reality, and as we all know, "change your perception, change your world."

Let's do a T&T to anchor just how significant VAKOG is in relation to our memories.