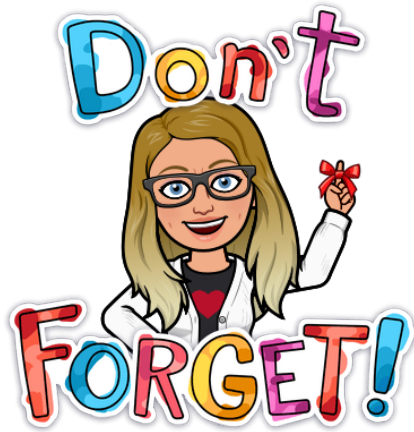


# Future Forgetful Self



What are you going to write down now so that, in three weeks, you will remember what you learned today?

Why is this important to remember?