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In life, every moment is a phase, when gone you can't press replay. Nothing is truly permanent, and regardless of your wealth, there are valuable things you still wouldn't be able to afford.

If I could invent something, I would invent a memory-trapping device, a place to store my present as well as past and future memories. This means I can always go back to watch and reminisce about the times I've had with friends, family, and loved ones. It would be nice to save my precious childhood memories without having to wait until a picture, a smell, or a place triggers a recall of those memories. This is also coming from someone tired of hearing comments like *"Why can't you remember this? How are you so forgetful?"* Selective amnesia is my nemesis. I can imagine watching my life's sweet and bitter moments, feeling overwhelmed and grateful. As a result, I believe I will be inspired to embrace my present, live fully and authentically each day, and be motivated to give my best in everything. At least I owe myself that much.

I want a device that would download the memories directly from my brain. According to studies, our brain is constantly rewriting and editing our memories so it's not completely reliable. Losing a part of your memories is inevitable, even with age, our brain shrinks and cognitive function declines. This is quite unfortunate because our memories are stories that make us up, so losing them would be akin to losing ourselves.

People come and go in our lives but memories linger. This is a major contributing factor to the pain that comes with losing people dear to you either by death or breakup. There is something agonizing and traumatic about witnessing the ones you love separate from you even after promises, and intimate and treasurable moments together. Hence, we get rid of anything that has them in it because the more you encounter them, the more painful the realization that they are no longer around becomes. This doesn't mean you won't miss them but the fewer the things that remind you of them, the faster you heal.

I want to keep all my memories safe. The places I've been, the funny times, the lovely people I met, my first everything, and the embarrassing moments.

While I talk about securing my best memories, the sad ones still exist and the brain has a knack for highlighting it bolder than the happy ones. In my opinion, life is fickle and can be extremely unfair, so if I had to invent something else relating to this, it would be a machine that would delete every depressing, regretful, and heartbreaking memory.

All the same, life is undoubtedly filled with peaks and valleys and I hope that we make it a mandate to cherish days with beautiful memories, giving it all we've got to enjoy it to the core so it can be buried deep in our hearts forever.