

## How to View and Share Items from On This Day

### TUTORIAL See Your Memories

On This Day items will show up in your news feed. You can also proactively view them in a couple of different ways:

1. From your Facebook home page, type facebook.com/onthisday into your browser and press Enter.
2. OR, from your home page, in the left column, under apps, select On This Day.
3. Either way, you'll end up at the On This Day page, which displays all your activity from this day each year since you joined Facebook.
4. From this page, you can click the Get Notifications button to receive notifications about future On This Day items. (If you later want to turn notifications off, simply return to this page and uncheck the Notifications button.)

### TUTORIAL Share a Memory

As with other memories, Facebook memories are fun to share with friends! Here's how to do it if you find something share-worthy:

1. From the On This Day page, or from your timeline, click Share at the bottom of the memory you want to share.
2. Choose posting options, such as where to share to, who can see the post, how you're feeling, who you're with, and the location.
3. Include a message to accompany the post.
4. Click Share.
5. Note that not all memories are shareable.

