

TIPS FOR WRITING YOUR LIFE STORY

WRITING

- Set a writing schedule for yourself in a quiet comfortable place with no distractions
- Consider a writing workshop
- Consider using a commercially-available workbook

WHERE DO I START

- Consider starting with the major events of your life. Then consider your likes, your activities, your hobbies, your accomplishments.
- Don't let excuses stop you - You don't have to remember everything and you don't have to worry about chronological order.
- Exploit your interests - Do you like to cook, use your recipes. Do you like to travel, use your trips. Write about the things that interest you and you will keep on writing.
- Write from the heart - Include your feelings.
- Add details that compare and contrast life today to life back when.
- Don't worry that your memories may not be completely accurate. They are YOUR memories.
- Consider your audience - What questions would your grandchildren be asking you.

AUDIO RECORDING

- If you don't like to write, but you like to talk, tell your stories to an audio recorder.

ASSISTANCE

- Consider using a co-author or friend to interview you. A good resource for sample questions is Life Interview Questions - www.legacyproject.org
- Use momentos, heirlooms, objects or photos and tell the stories and memories connected to them.
- Do a little at a time. Make plenty of copies and distribute them widely.
- Set an audio recorder in the middle of the table and use the holidays and family gatherings to capture family memories.

GIVE YOURSELF THE GIFT OF A LIFETIME

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