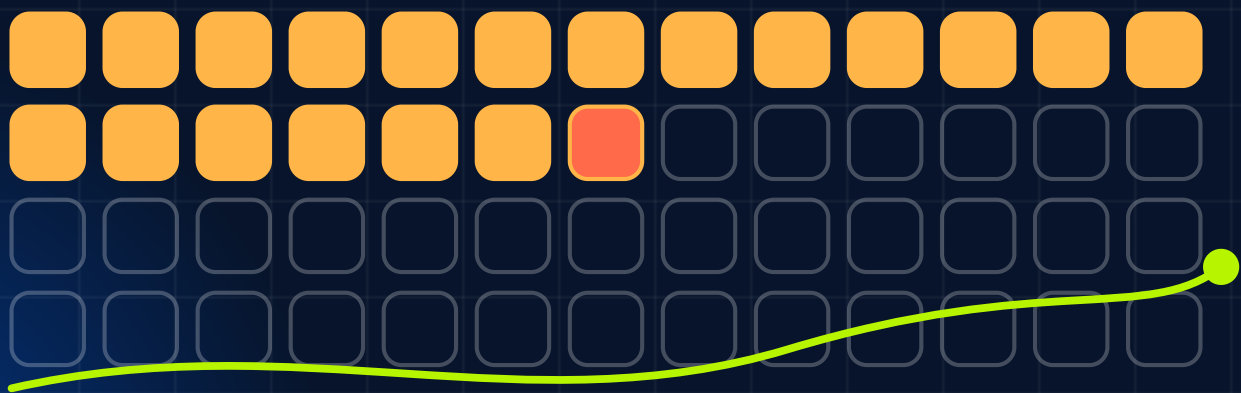


# Write Your Life Story

A 52-week guided memoir workbook. One memory at a time, in your own voice, for the people who come after you.

**52**

weekly memory prompts

**7**

short lessons in life writing

**104**

printable memory cards

**1**

book your family will keep



# Write Your Life Story

A 52-week guided memoir workbook: one memory at a time.

2026 edition · Large print · Printable

 THIS BOOK BELONGS TO

The life story of: \_\_\_\_\_

Started on: \_\_\_\_\_

Written for: \_\_\_\_\_



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WELCOME

# Your story, one memory at a time

How this workbook works, in five minutes.

Somewhere in your memory is a kitchen nobody else remembers, a voice nobody else can hear any more, and a hundred small moments that made you who you are. When they're written down, they become something your family can hold.

This workbook helps you write your life story **one memory at a time**: one prompt a week for a year. Each week takes about 30 to 45 minutes. At the end you'll have 52 stories, a timeline of your life and everything you need to turn them into a real book.

## You don't need to be a writer

You need to be the person who was there. That's all. The best family stories aren't polished; they sound like the person who lived them. If you can tell a story at the kitchen table, you can write one here. And if you'd rather talk than write, Lesson 6 shows you how to speak your stories and turn them into pages, with or without AI.

## How it works

- 1 Read Part One (about 25 minutes).** Seven short lessons that make your writing come alive. You can come back to them any time.
- 2 Pick your weekly time.** The same hour each week works best: Sunday afternoon, Tuesday after lunch, whenever is quiet.

- 3 One week, one memory.** Each week has a main question, three memory joggers to warm up, a scene to start with and a "go deeper" question for when you're on a roll.
- 4 Write on the page, or anywhere.** Write straight into this printed workbook, in a notebook, on a computer or into your phone. The prompts work the same.
- 5 Skip freely.** If a week doesn't fit your life, or isn't one you want to write, skip it. You're never "behind". The order is a suggestion, not a rule.
- 6 Finish with Part Three.** Turn your pages into a book: edit, add photos and print copies for the people you love.

#### YOUR TOOLKIT

This workbook comes with a printable toolkit: **104 memory cards** (the 52 weekly questions plus 52 "table talk" questions for family dinners and phone calls), a **Family Interview Kit** for recording a parent or grandparent, **Life Timeline & Family Tree** pages, and a **printable gift certificate** if you're giving this workbook to someone else.

## Four promises to yourself

### 1. True

Write what you remember, the way you remember it. When you're unsure, say so: "as I remember it", "I think it was spring". Honesty is more interesting than perfection.

### 2. Kind

Write about your own experience, not verdicts on other people. You can be honest about hard things without being cruel (Lesson 5).

### 3. Specific

"Mum's blue coat with the missing button" beats "my mother was elegant". Details are what readers remember (Lesson 2).

### 4. Done

A finished page beats a perfect one. You can always edit later. You can't edit a blank page.

#### GIVING THIS AS A GIFT?

Print the gift certificate from the toolkit, put the workbook in a binder with a good pen, and offer to be the first reader. It's often easier to keep writing when you know someone is waiting for the next story.

## LESSON 2

# Find the scene

Why one Tuesday beats a whole decade of summary.

The most common mistake in life writing is summarizing. "We had a happy childhood" tells the reader nothing. One afternoon, told in detail, tells them everything.

## Summary versus scene

| SUMMARY (TELLS)            | SCENE (SHOWS)                                                                                                                                     |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| My father was strict.      | Dad checked our shoes every Sunday before church. If they weren't polished, we went back upstairs, no argument. Once he sent me back three times. |
| We didn't have much money. | Mum cut our hair at the kitchen table with the bread knife sharpened on the back step. We had one bath a week, oldest first. I was the youngest.  |
| I loved my first job.      | On my first payday I bought a bag of chips and ate them on the wall outside the factory, warm through the paper, feeling like a millionaire.      |

## How to find the scene

For any big memory, ask yourself: **"Show me one Tuesday."** Choose one specific moment, one day or one hour, and tell it as if the reader were standing next to you. Where were you? What could you see? Who said what?

Each weekly prompt in Part Two includes a "**scene to start with**" suggestion for exactly this reason. Use it when you're stuck.

#### THE ONE-DETAIL RULE

Every story needs at least one detail only you could know: the name of the dog, the color of the door, the song on the radio. That's the detail that makes a reader believe you, and remember you.

# S1

● SEASON 1 • WEEKS 1-13

## Roots

We begin at the beginning: the people, places, smells and sayings that made you before you had any say in it. These are often the stories your family knows least, because you're the only one left who remembers them.

01 My earliest memory

---

02 The house I grew up in

---

03 My mother

---

04 My father

---

05 Grandparents and the generation  
before

---

06 Brothers, sisters and cousins

---

07 What we ate

---

08 Family sayings and sayings of the  
day

---

09 School days

---

10 A teacher who mattered

---

11 Friends and the games we played

---

12 Holidays and celebrations

---

13 The time I got in trouble

---

**What is the very first thing you remember? Describe it as exactly as you can, even if it's only a flash.**

Where were you, and who was with you?

Is it a picture, a sound, a feeling or a smell?

How old do you think you were?

Begin with "I remember..." and describe only what you can see in that memory, like describing a photograph.

Why do you think this moment stuck, out of all the moments of your early life?

Date written: \_\_\_\_\_

Shared with: \_\_\_\_\_

# The house I grew up in

**Walk me through the home you grew up in, room by room. Start at the front door.**

## JOGGER 1

What did the kitchen smell like?

## JOGGER 2

Where did you sleep, and who shared the room?

### JOGGER 3

Which room did the family gather in?

## A SCENE TO START WITH

Stand at the front door in your mind. What do you see as you step inside? Keep walking.

## GO DEEPER

Which room do you still dream about? What happened there?

**Photo spot**

Tape a photo here, or note which photo goes with this story:  
who • where • when

Date written: \_\_\_\_\_

Shared with: \_\_\_\_\_

END OF SAMPLE

# Fifty more weeks are waiting

The full workbook continues through four seasons of your life.

- ✓ All 52 weekly prompts, each with joggers, a scene to start with and space to write
- ✓ Seven short lessons, including how to speak your stories and tidy them with AI without losing your voice
- ✓ How to turn your pages into a printed book
- ✓ The toolkit: 104 memory cards, the Family Interview Kit, Life Timeline and Family Tree, and a printable gift certificate

GET IT AT

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