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## MEMOIR JUMPSTARTERS

easy ways to help you get started  
writing your own story

1. **What do you need to tell the world** but haven't? What is the most important thing you have ever learned and want to pass on?
2. **Where did you grow up?** Did you grow up in only one place, or move around every couple of years? What did your town smell like, sound like, taste like? When you feel homesick, what do you think of most?
3. **What is the meaning of life?** How and when did you discover this?
4. **What is something most people don't know about you?** Be brave.
5. **Tell the story of words that changed your life.** Did you talk with a friend or mentor? Read a book or essay that made you think? Hear a song that touched you?
6. **Four seasons.** Sit down, think about the four seasons of the year, and tell a story related in some way to each season: Winter, Spring, Summer, Fall.
7. **Describe a funny mishap** or odd situation or coincidence you found yourself in.
8. **Describe a difficult time** when you had to face a challenge. How did you respond to adversity? What was the outcome?
9. **Talk about the important people** in your life. What have you learned from the people you care about?
10. **Beauty is in the eye of the beholder.** Sunsets might be beautiful to one person, but to another it may be the sight of a warm chocolate chip cookie or the sale rack at Target. Describe a cherished memory of a moment of beauty in your life.
11. **Despite our careful plans, life changes constantly** and we are often forced to go with the flow. Write about a plan in your life that changed and how it turned out.
12. **Every special keepsake has a story behind it.** Choose something you own, old or new, and explain what it means to you. What is the backstory? Where did it come from? What emotions or memories does it evoke?

Susy Flory is a writer, speaker, and journalist who inspires and challenges people to embrace a life of passion, boldness, and adventure. The author of four books, including *Thunder Dog: The True Story of a Blind Man, His Guide Dog, and the Triumph of Trust at Ground Zero* (Thomas Nelson, 2011), Susy lives in the San Francisco Bay Area with her husband and two kids. Visit Susy at [www.susyflory.com](http://www.susyflory.com).