

One memory at a time

Your memoir worksheet

A working title and date

Give this memory a name you will recognize later.

Where are you? Who is there?

Place, approximate year, people and their relationships.

What happened?

Describe one scene. Start with an action or a small detail.

What can you still hear, see or feel?

Use what you remember. Leave uncertain details uncertain.

What does this memory mean to you now?

Add the reflection you could not have made at the time.

What would you like to check or add?

Names, dates, a photograph, or another person to ask.

Write or speak naturally. Keep the original recording with your edited story.