

## Your 100 Moments

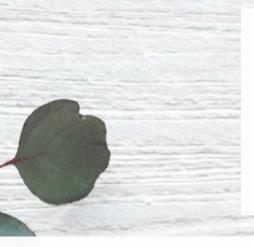


A SIMPLE EXERCISE
TO GET STARTED WRITING MEMOIR

## Getting Started

#### STEP #1

Pick a quiet spot for 20-30 minutes where you won't be interrupted.

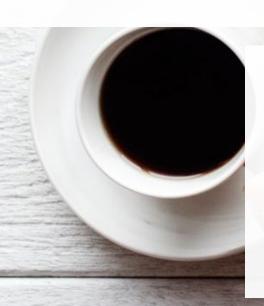


#### STEP #2

Print out these pages and find a pen you love.

## STEP#3

Set a timer for no less than 20 minutes but no more than 30.



### STEP #4

Working quickly and without censoring yourself, jot down 100 moments from your life, stream-of-consciousness style.

# Your Moments

Your moments do not have to be major experiences or turning points.

You might include the memory of a smell, a conversation, an image you can't forget from when you were six.

No moment is too small for this exercise! (What might seem inconsequential now could lead to a major "a-ha" later.)

### **Examples:**

- 1. Aunt Jane's lemon meringue pie
- 2. Watching Top Gun with Dad and him covering my eyes during the sex scene
- 3. Stealing candy from Mom's sewing room
- 4. The time we got burgled
- 5. Mrs. Dixon telling us about the Challenger explosion

You can't do this wrong except by judging yourself.

Let the memories fly!

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Next steps: Let the list rest for a day or two. Then, go back and circle the moments that feel most "alive" to you. (Either in a good way, or better yet, in a bad way.) Set a timer for 10 minutes, choose one of the moments you circled, and write about it. Once again, the goal is to write without judgment. Don't censor yourself, and don't pick up your pen from the page until the timer chimes. Repeat daily as a writing practice until you're ready to start creating a more organized outline. (When you are, use our 3 Outline Templates to help you structure your story!)

#### Need additional help with your memoir?

We offer writing, editing, coaching and platform-building services!

Schedule a free, no-obligation call