



CREATING YOUR MEMOIR

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*Creating your memoir allows you to share your story
with future generations in your own words.*

BEFORE YOU BEGIN: Be sure to visit our
website and fill out the Pre-Experiment Survey!

**TAKE
SURVEY**

1 HOW I CAME TO BE

Before you were born there is a story connected to you. This is a perfect place to begin your story because it explains how you came to be. Begin by writing about your parents, how your parents met and what happened in their life leading up to your birth. Whether the story is happy or sad, it is a story worth telling because it explains the life you were born into. If you were adopted and do not know about your birth parents, then tell the story about how you became a part of a family.

Tip: If you are not sure about what happened prior to your birth this is a great time to ask your parents.

2 GOING DOWN MEMORY LANE

Sitting down and looking through photos are a great way to trigger memories of events in your life up to now.

Tip: As you go through your photos write down a list of memories that you would like to include in your memoir.

3 HELLO WORLD

Write about when and where you were born, how the labor was for your mother, the people that were there when you took your first breath of air.

Tip: If you do not know the specific about your birth and have no one you can ask, look at your birth certificate. Many times, you can learn the name of the hospital, time of birth, weight and delivering doctor.

4 LIFE BEFORE SCHOOL

For events that took place when you were a baby, toddler and preschooler, you will need to use memories other people who were in your life during that time. Photos may even help to write about your early years.

Tip: Be sure to include the names of people who shared specific stories about you. This lets the reader know that these are memories about you that others told.



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5 EXTENDED FAMILY

Share about extended family who were a part of your life growing up. Did you have grandparents, aunts, uncles, and cousins who were a large part of your life? Did you live with you or near you? What type of activities do you do with your extended family? Did you only see them on holidays?

6 YOUTH YEARS

Write about what your life was like when you began school. Where you home schooled or did you attend school? Did you attend more than one elementary school? What subjects did you excel in and which ones did you struggle with? Do you have a favorite teacher?

Tip: Looking through any elementary yearbooks is a great way to trigger some memories. If you struggle to remember much about elementary school, try talking to your parents and friends you attended elementary school with.

7 YOUR PRETEEN YEARS

Write about your middle school experience and what you were like during those years. Try describing what the school environment was like. If you were in sports or a member of the band write about your experiences. Be sure to write about what you did with your friends when you were not at school.

Tip: Yearbooks can help remind you of some of your experiences during middle school. Do not forget to write what your classmates and teachers may have written about you.

8 YOUR ALMOST ADULT YEARS

Explain about your transition for middle school to high school. Was it easy for you or did you have a difficult time? Share your experiences what high school was like for you and how life outside of school was like for you. If you had a job how did you handle balancing school and work. Where you excited and impatient to finish high school? Did you feel that your high school prepared you for life after graduation? If you graduated, what was your graduation like? Did you have a graduation party? What colleges or trade schools did you apply for in hopes of attending?

9 YOUNG ADULTHOOD

For those who have passed your young adulthood, what was your life like during that time? What did you do after high school? Did you get a job, go to college or trade school? What made you decide to take the path you choose after high school? Did anyone have an influence on your decision? What do you think you learned by making that choice?

If you are still in your young adulthood years, what has happened in your life so far? Do you feel good about where you are currently in your life?



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10 YOUR ACTIVITIES

Write about any groups, clubs, or organizations that you have been or still are a part of. What made you want to join the group, club, or organization? Explain the types of meeting and activities that you participated in and what type of impact they had in shaping who you are. Why did you feel it was important to be a part of them?

11 GROWING FAMILY

Write about how your family has grown, such as birth of siblings, marriages and even birth of your own child(ren) if you have had any. You can have dates that they joined your family and explain how you felt when they became a part of your family.

12 HEALTH

Did you have a healthy life or were you faced with challenges? If you struggled with health issues how did it impact your life and those around you? Was a love one struggling with health issues that you helped them through?

13 EVENTS

Think about events that happened in your life. Write about local and worldly events that happened during your lifetime. Was your family impacted by the wars that were happening? Did you ever experience a natural event that had an impact on your life, or do you remember seeing the devastation on the news, such as hurricanes or earthquakes? Write about how the Covid-19 pandemic has affected your family, your community and you personally. Was there any positivity in the world that came from the pandemic that helped you through, such as virtual experiences?

Tip: If you can not remember dates of certain events you can do a search online and find information about the event. Be sure that is it from a reliable source.

14 HOME SWEET HOME

Go down memory lane remember the home or houses that you have lived in so far. Explain the type of home you lived in, what the address was, and the neighborhood you lived in. Share what your bedroom was like or your favorite room in the house or yard. What memories do you have both good and bad?



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FAMILY VACATION

Think about the family vacation that your family took. Where did you go and what was your experience like on your vacations.? Include how you travel to those vacation destinations. If you family did not take family vacations explain why you guys never went on them. Have you taken vacations on your own or with friends? What is your dream vacation that you would like to go on?

16

REMEMBERABLE EVENTS

Write about events that took place in your life that make you smile or laugh when you think about it. Do not forget to include events that may not have been happy events. Writing a memoir is not about writing a happy story. It is about writing your story. If you only have happy memories, you are not sharing your entire life story. These events are a part of what made you who you are.

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FRIENDSHIPS

Think about those friends who have been in your life while you were growing up and those who are in your life now. Just like our family have an impact on our life, our friendships also have an impact on us. Write about your friends and about what their friendship meant to you. Includes shared experiences you had and your favorite times you spent with them. Do not forget to include those friends that eventually changed with time. Explain how you dealt with the challenges of the changed friendship.

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TECHNOLOGICAL ADVANCEMENT

One of the biggest advancements in our lifetime so far has been technology. Write about what life was like when you were younger compared to the life are now living. Explain what types of technologies came into your life and who it changed your family and your life.

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TRUE LOVE

Can you remember the first time you felt that you were falling in love? Write about those first crushes, first love, first kiss and first date. How long were you in a relationship with them? Are you still in a relationship with your first love or has the relationship changed? What types of things did you enjoying doing when spending time with them and what shared interested did you have?



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20 FURRY FAMILY MEMBERS

Write about the pets that you had in your life so far and the ones you currently have in your life. Share how your pet have an impact on your life, if you felt it did. If you family did not have any family pets while you were growing up explain the reason behind, you family not having them. Do not forget to write about the pets have you have in your life now.

21 THERE IS MORE

For the final day write about anything else that has come to your mind that you would like to include in your memoir. Are you into

Tip: Continue to add stories to your memoir as they happen. Write on your calendar every month or yearly to sit down and update your memoir with more stories.cars, movies, video games or something that was close to your heart?

WHEN YOU'RE DONE: Be sure to visit our website and fill out the Post-Experiment Survey!

TAKE SURVEY

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