




WRITING YOUR STORY



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FOUR QUESTIONS

- Why write your story?
 - How do you write your story?
 - Where do you start?
 - What inspires you?
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WHY?

- To remember
- Clarify
- Release
- Reveal
- History
- Uncover
- Discover
- Personal
- Private
- Privilege & Responsibility
- Write what cannot say
- Therapeutic
- Inspire
- Leave a legacy

HOW

- Pick a quiet place
- Set a time limit
- Let your mind wander
- Take a walk
- Write letters
- Journal
- Be honest
- Develop a routine
- Join a writers' group
- Read

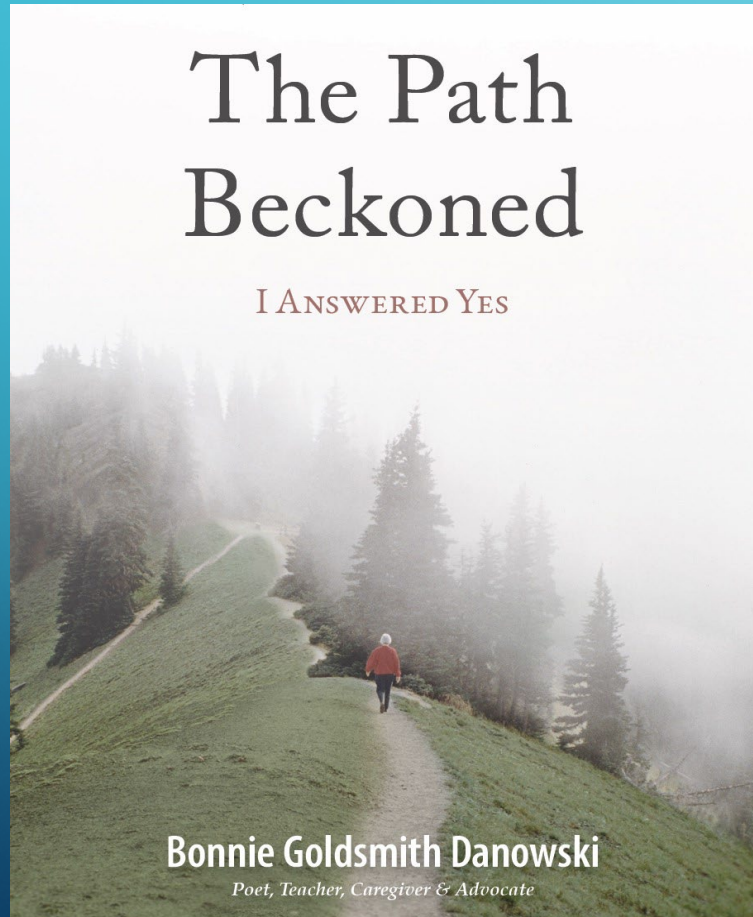
WHERE DO YOU START

- Today
- A memory
- Childhood
- An idea
- A question
- A big event
- A feeling
- An inspiration

FINDING WHAT INSPIRES YOU

- Describe the view from where you are at this moment
- What makes you feel warm and happy
- What's in your heart right now
- A spiritual experience
- What makes you sad
- Who are the special people in your life
- Something you were a part of and how you feel about it
- What you dream about

THANK YOU



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