

The Memoir Writing Workbook

Memories into Memoir

Finding The Well I

Recalling Memories

Exercise 7

Uncover your well of memory; unearth the details of your significant memories.

Memorabilia plays an enormous part in our lives. It is made up of all sorts of weird and wonderful things, precious and priceless. Twigs, stones, clothes, images, a letter, a hankie, paintings, jewellery, doodles, fabric, a lock of hair, a piece of glass – just about anything can be memorabilia. What I love most about memorabilia is that a letter could be the most precious possession a person owns because of the memories that surround it, while on their wall hangs a priceless oil painting.

Memorabilia: objects collected as souvenirs of important personal events or experiences

Exercise A:

1. Select a piece of memorabilia from your life, a significant item that holds a lot of memories for you.
2. Really study this item, recalling the memories it brings you. What images come to mind as you look at it?
3. Hold the object in your hands, close your eyes and become aware of the feelings it evokes. What do you remember from the time when this item became important to you?
4. In your bubble sketch pad, bubble everything you can

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remember about your special item. Keep the item beside you as you work on the bubbles.

5. Write a paragraph about it in the writing section of your workbook.

6. Title and date your work.

7. When complete, read your work.