

The Memoir Writing Workbook

Memories into Memoir

Hints on how to use *The Memoir Writing Workbook*:

The Memoir Writing Workbook is constructed so that it can be completed on your own, as well as individually within a Memoir Writing Club.

Use the blank pages at the back of the workbook for writing your memoir. Make sure you put the exercise number on all your writings. This provides easy reference to your work.

The workbook comprises five parts, with Part 3 divided into four sections.

Part 1

- **Rules of The Road:**

- explains the ground rules for the exercises

Part 2

- **Finding Your Way:**

- outlines the elements of memoir writing and commences your journey in writing creatively

Part 3

- **Planning Your Journey:**

- Section 1: Events**

- explores how to recall and map events that were significant in your life

- Section 2: People**

- shows how to remember and incorporate details of people that were important to you

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Section 3: Environment

- describes how to creatively include environment and atmosphere in your memoir

Section 4: Structure

- clarifies the necessity for structure and how to obtain it

Part 4

• Navigating With Confidence:

- demonstrates how to move forward with your life story and how to rewrite your memoir

Part 5

• Your Memoir

- provides lined pages for writing *your* memoir, plus comprehensive notes on how to form and guide a memoir writing club.