

# Packing for The Journey

## Exercise I

*You are about to embark upon a writing journey. You therefore need to pack!*

To complete your writing journey you will need:

- ***The Memoir Writing Workbook***
- **a box of coloured chalk**
- **a box of crayons**
- **two A4 or letter-sized sketch pads (plain paper)**
- **non-lyrical music and a stereo**
- **a pen you enjoy writing with**