

# In My Words

*8 Moments that Defined Me*





# TIME TO REMINISCE

## **Want to Write your Personal History? Follow This Guide to Your First Draft!**

Hi There! Thanks for downloading this guide!

I'm so glad to see that you want to write about your life! I know that a lot of people have this as a personal goal, but they procrastinate because they think it will take too much time! That's why I have created this resource! Follow this guide, and your first draft will be done in 10 days or less!

The secret to accomplishing any goal is to get started, so I have chosen 10 questions that will help you write down the information that I feel any personal history should include, such as details about your family, influencers, and lessons in life! In the next few pages, those 10 questions will act as your writing prompts; 2 are informational and 8 are about specific moments. Simply answer the questions to the best of your abilities, and if you want to write more, just add blank pages!

Go at your own pace! You can choose to write everything in one day or space it out to once a day, but commit to finishing the entire guide, and in 10 days or less, you'll have a personal history draft that you can turn into a beautiful book, and share with your family. How amazing would that be?

I'm here to help you if you need me, so don't be a stranger, and when you finish your project, share your success with me! Now, get writing!

XOXO,

Caroline

1. Describe today. What day is it? Is it summer? Fall? What year is it? If today is a regular day, are you going about your usual routine, or is today different? Where are you sitting as you are writing your answer? Be detailed. If you can, take a photo of yourself writing down your 8 moments.

2. Who was a part of your family growing up? Describe your family members in as much detail as possible, and explain your relationships to them. If anyone was missing, who was it, and why? No answer is wrong. If you have a family photo, take it out and look at it. Who is in it, and why?

3. What is the best advice you have ever gotten, and why? Explain who gave it to you, why you needed it, and what impact it had on your life. If you have a photo of the person who gave you the advice, include it with your story.

4. What is your favorite childhood memory? Who was there, and what happened? How did it make you feel, and what impact did it have on you? If you have a photo of this moment, include it with your story.

5. What is the favorite place you have ever lived? Why did you like it? If you have only ever lived in one place, is it by choice? If you have a photo of your home (or favorite place), include it here, and explain how it makes you feel.

6. Do you have any regrets? What are they? Have you forgiven yourself for mistakes you have made in life, and if so, how and when did that happen?



7. Up until this point, what has been the happiest day of your life? What happened on that day, and how did it change your life? Include a photo!

8. Everyone has talents - What are yours? When did you realize you were good at these things? How old were you at that time? Did others know, or did you keep them a secret? If you can, include a photo of you demonstrating your talent. If you are artistic, include something that represents your talent.

9. What is one world event that has had an impact on you? Where were you when it happened, and how did you react? How old were you? How was life different after this event? Did it change your world? If you can, include a newspaper clipping or article that outlines the details of what happened.

10. If you could tell your younger self one thing, what would it be, and why?

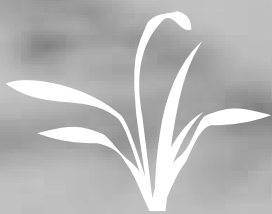
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