

I Remember

Fifty Prompts to Write Your Life Story



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The Sounds of Music

Imagine a place you know well. Maybe you are thinking of a place in your current life, an area from your past, or a location you visited. We are accustomed to describing a place by what we see. In this exercise, write what that spot sounded like. What did you routinely hear in this location? Did you find the sounds pleasing or were some of them unpleasant? Why do you think the sounds affected you the way they did?

Alphabet Soup

Make a list of the alphabet going down the left-hand side of your page, one letter on each line. Go down the list and put a word or two that represents something or someone you could write about related to each letter. Go quickly, write only a couple of words, no complete sentences. Don't think too much; don't search for just the right answer. Write down what first comes to mind. Then take one of the entries from your alphabet-soup list and write about it in detail.

A Rose by Any Other Name

Do you have a favorite flower? What is it? Describe the flower in detail. Do you have a story connected to this type of blossom? What about it do you like? Draw a picture of it. How did this become your favorite flower? How do you bring this flower into your life now?

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On the Road Again

How did you learn to drive? Who taught you? On what vehicle did you learn to drive? Did you learn on an automatic or a stick shift? How good of a driver were you? Do you have any memorable driving moments? How did you feel about learning to drive?

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Can't Live Without It

What is a possession you have that you can't live without? Describe it. What about it can you not live without? What does this possession do for you? Does it have significance beyond its functional capabilities? Is there a story behind this object?

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Say Again

Did you have any words you constantly mispronounced as a child—certain words you couldn't say? What were these words, and what were you trying to say? Who told you about these mispronunciations? If you don't remember these words for yourself, do you recall any such words from your children and grandchildren?
