

How to Find the Meaning in Your Life Story

For Memoir Writers and Storytellers

PROFESSIONAL DEVELOPMENT FOLLOW-ALONG HANDOUT

Fill in the blanks as you watch the presentation.

1. Step One - Start With What Happened

Don't put pressure on yourself to know the _____ yet.

2. Step One - Start With What Happened

The experience came first. The _____ became clearer later.

3. Step Two - Pay Attention to Your Feelings

Writing became more than a way to tell people what happened to me. It helped me _____ what happened to me.

4. Step Three - Ask What Changed and What You Learned

Sometimes meaning is found not in changing the past, but in changing how we _____ it.

5. Step Four - Listen to What Other People Notice

Sometimes other people see something in our stories that we don't recognize because we are too _____ to the experience.

6. Step Four - Listen to What Other People Notice

Their questions and reactions may help you see something you _____.

7. Step Five - Ask What Your Story Might Give Someone Else

You don't have to change the _____ with your memoir.

8. Meaning Doesn't Require a Perfect Ending

Sometimes the meaning is found in how we learn to understand, accept, or _____ through something we cannot change.

9. Let's Review the Five Steps

Because sometimes we write after we have found the meaning. And sometimes... we write in order to _____ it.

ONE IDEA TO REMEMBER