

5 Steps to Turn Your Life Story into a Meaningful Memoir

PROFESSIONAL DEVELOPMENT FOLLOW-ALONG HANDOUT

WATCH • FOLLOW ALONG • FILL IN THE WORDS YOU HEAR

Complete each blank with the word or phrase you hear in the presentation.

KEY IDEAS FROM THE PRESENTATION

1. Step 1: Find the Message Before You Write the:

2. Your message is what gives your experiences:

3. Step 2: Choose the Experiences That Support Your:

4. Step 3: Create the:

5. Your timeline becomes a:

6. Step 4: Tell What Happened — and What It:

7. Step 5: Give Something Back to the:

8. Your life gives you the story. Your message gives the story:

ONE IDEA TO REMEMBER

Write one idea from the presentation that you would like to remember:
