

Some interesting statements regarding writing a memoir:

- **The past cannot be verified because we all remember it differently.** No one— your spouse, children, parents, siblings, relatives or friends—knows the total story of YOU. Two siblings can experience the same moment but each will provide their own slant on what they recall, with neither being wrong.
- **Your memoir can provide valuable information** about you and your family for generations to come.
- **Age is not a factor.** Children can record memories equal in importance to those of a young adult or a senior.
- A delightful **quote from Mark Twain** will help you relax when it comes to remember with accuracy the events of your life. “When I was younger, I could remember everything whether it happened or not.” However, it’s important to remain as accurate and truthful as possible, while at the same time allowing room for some mild but plausible imagination.
- **Pictures stimulate memory.** Magazine pictures and family photos can be a catalyst to your memories...often beyond the actual picture.

## **EXERCISE 2**

1. Develop a collection of pictures from magazines and keep in a file. Remove any lettering around the pictures that would stunt memories.
2. Select a picture from your collection or choose one from your family photo album.
3. Set your timer for 5 minutes and write without stopping. Don’t take time to edit, just write.

Keep in mind, this is NOT school. There is no right or wrong.

Don’t forget to share what you write!