

## **Writing Your Life Story or Writing the Life Story of Someone Else**

### **I. Template of Categories - Periods of Time - Roles Played as you mine for life stories:**

Ancestors  
Grandparents and parents  
Siblings, cousins, and other family  
Date of birth, Birth order  
Early childhood  
Youth, including where you grew up  
Religion (or lack of one)  
Adulthood  
Parenting Years  
Education - Elementary, High School, College, and beyond  
Military Service  
Friends  
Meaningful relationships  
Historical and world events during your lifetime  
Significant life experiences  
Jobs/Career - beginning early on in childhood and throughout your life  
Travels  
Self Image/Personality  
Interests and Hobbies  
Philosophies, Values, and Beliefs  
Books, writers, philosophers, songs, poems that guided your life and why

#### **Round 1 Review:**

Download information about each category that is relevant to you - stream of consciousness for memories  
Don't edit, just brainstorm, freewrite

#### **Round 2 Review:**

Go back and fill in more specific details:  
Examples:

Parents:           What were their occupations? (Try to be specific)  
                          In what ways did you turn out like your parents? Do you share any traits?

Siblings:           Your relationships/dynamics? Or your experience of being an only child?

Childhood:        What kind of home did you live in? TV shows you enjoyed?  
                          Favorite toys, books, etc? Pop culture?

First friends:     Names? Stories?

College or Graduate School: *Why* did you pursue your course of study at school?

Career:            *Why* did you choose the career you did? Did it suit you?

Meaningful Relationships:   *How* did you meet your spouse?

Hobbies:           Explain *why* you enjoy those hobbies

Personality:      What are some of your quirks, or pet peeves? *How* do they show up?

**Round 3 Review:**

Other Important Topics to Explore under Philosophies, Beliefs and Values:

Life perspectives - How do you view the world?

People and events that have influenced you - Who do you admire? Why?

Experiences that changed you - What were some experiences that shaped your life?

Important people in your life and the roles they played, what you learned from them -  
Who in your life has left a lasting impression on you? Why?

**Round 4 Review:**

Important Questions to Ask:

What periods of your life did you enjoy the most? Why?

What were the best moments of your life?

What were the worst moments of your life? How did you cope with them?

What were the biggest mistakes of your life? How did you recover from  
them? What did you learn from them?

What is the best advice about life you would give someone?

Is there a message you would like to convey to your loved ones? Or to future  
generations?

**II. Resources:**

[shareyourlifestory.com.au](http://shareyourlifestory.com.au) - Writing My Life Story: 10 Powerful Tips and Tricks

[npr.org](http://npr.org) - How to get started documenting stories from your life

YouTube - KN Literary Arts - Writing Your Life Story: Get Started with this Exercise

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