

My Journey – My Story

Writing your life story may seem like a difficult task when you reflect on all of the events in your life. However, writing a life story can be simple. You can write a series of reflections, memories, feelings, or events that capture your life story.

What do I need?

- Pen and paper, or a diary, or a computer.
- Items to jog your memory such as photos.
- A recording device if you don't like writing.

A few points to consider before beginning

- Who will your audience be? Is your story for your own enjoyment, your family and friends or a wider audience?
- What is the purpose of recording your story? Is it to inspire, remember, appreciate, stimulate your own mind, learn more about yourself, or for another purpose?
- How much time and energy do you have for this project? You may choose to ask someone to scribe for you if your energy is low.

Helpful hints to organise your ideas:

- List key events in your life.
- Writing time lines of your life such as childhood, teenage years, early adulthood, middle years and senior years.
- World events e.g. Olympics, wars.
- Topics such as friends, jobs, family, special occasions, and humorous events.
- Involve your family, neighbours, and friends to help remember and write your ideas.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100