

# Your Life Story

Writing your autobiography

# Why

- Write an autobiography!
- Your life is important.
- You have taken on challenges and won the day.
- You moved the human condition forward and bettered the earth.
- Tell your story.
- Inspire yourself and others!



# Benefits - Legacy

- You will leave a legacy - your story.
- You may think you have lived an unremarkable life, but succeeding generations will be interested in hearing it.
- What you consider normal and mundane will be interesting and slightly exotic to them.





# Benefits - Protect

- You will help protect the history of your family.
- You may be telling all the stories you can about your life and your take on things, but that won't assure you that it will be remembered the way you are telling it!
- We rely on written or recorded information much more than verbal histories.
- Record your story and make sure it is woven into the history of your family.



# Benefits - Inspire

- You may inspire someone else with your story.
- Remember those challenges you conquered?
- What about those problems you solved?
- Someone else, somewhere on the planet needs to hear how you did those things.
- They need to understand that it is possible and they need to be inspired by the way you conquered and solved them.





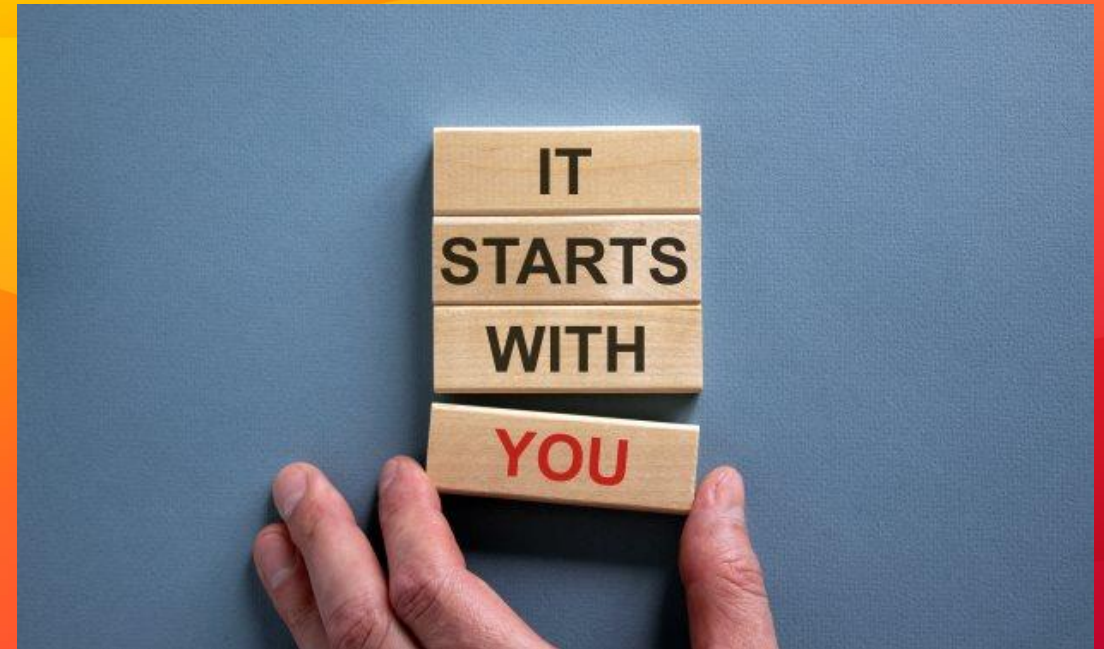
# Benefits - Reconcile

- It opens the door to reconcile open issues from your past.
- When you review your life from start to present, you will encounter unresolved items.
- Reviewing your life and accomplishments can cause you to see how you have overcome real and perceived obstacles such as these.
- Reflection can help you move past the feelings and perhaps provide a path to reconciliation with relatives and friends.



# Benefits - Discipline

- It forces you to develop more self-discipline.
- Reliving your memories, writing down the facts and dates and events of your life and organizing them into a cohesive story with an interesting theme will require time, effort and persistence.
- As with any skill, the more you practice self-discipline the better you become at it.
- Increased self-discipline will help you in practically all areas of your life.





# Benefits - Improve

- You will get ideas to improve yourself.
- Perhaps as you reflect on your past accomplishments and your approach to life, you find that you aren't all that satisfied with what you see.
- The good news is that there is still time to reinvent yourself.
- You can use your review to identify and move towards ways to reach that better you.





# Benefits - Purpose

- It strengthens your sense of purpose in your later years.
- As we age, we sometimes walk away from jobs that gave meaning to our days
- As we reflect on our past, however, and find unfinished business or new goals to achieve, we can find renewed purpose for the remainder of our lives.



# Benefits - Awareness

- You will increase self-awareness and understanding of yourself.
- Most of us are crazy busy during youth and midlife.
- We have so much to learn as youngsters and so many responsibilities in midlife that there is little time to reflect.
- Life review helps us figure out who we really have been, are and want to be.
- It helps us understand ourselves.





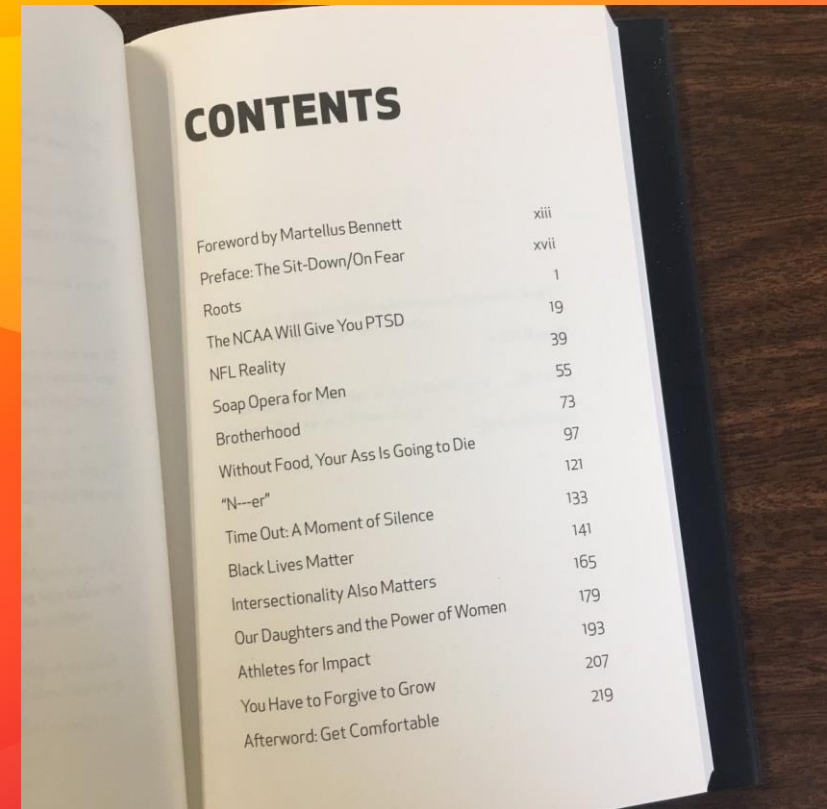
# Definition

- An autobiography is a nonfiction story of a person's life, written from their point of view.
- A memoir is a type of autobiography that focuses on a particular period in the author's life rather than their whole life.



# Contents

- An autobiography should include all the most important details of your life story.
- The following slides are some key elements which you should consider including in your autobiography ...

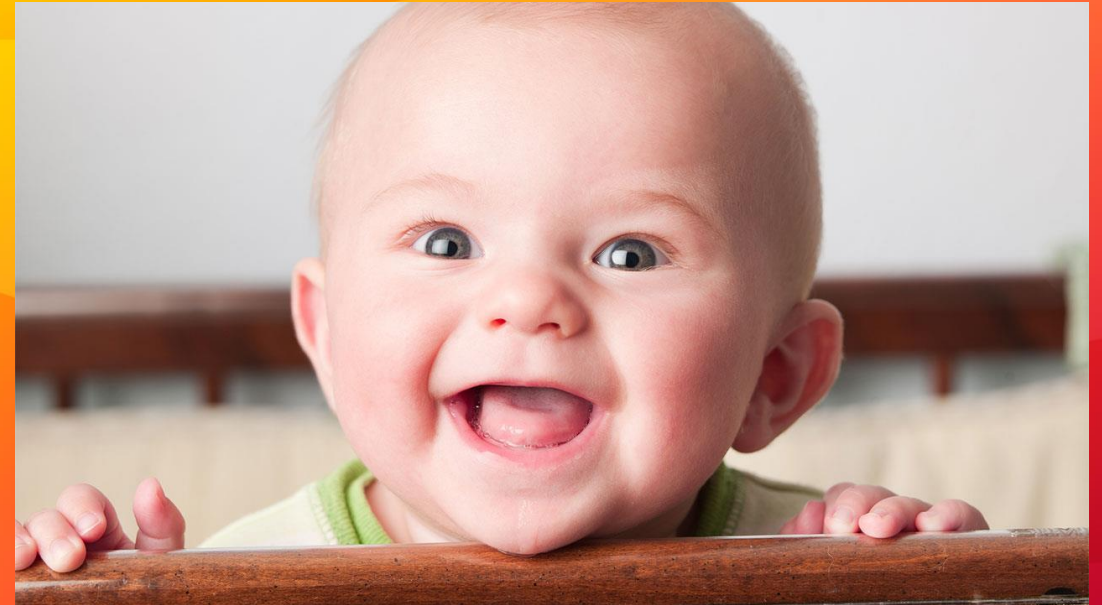


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# Origin

- A description of your personal origin story.
- This can include your hometown, your family history, your formative years, some key family members and loved ones, and touchstone moments in your education.
- Profile teachers who have influenced you.



# Experiences

- Significant experiences.
- Add accounts of each personal experience that shaped your worldview and your approach to life in the present day.





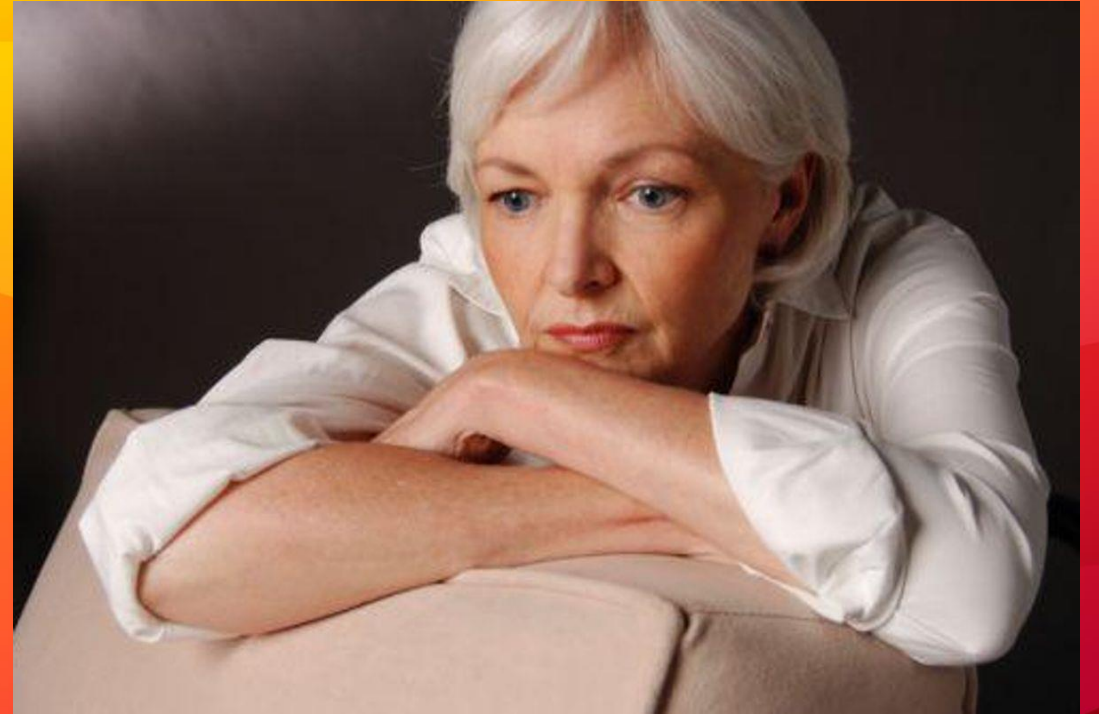
# Recollections

- Detailed recollections of episodes from your professional life.
- Often, these are the turning points that your autobiography will be known for
- The moments that would inspire someone to pick up your book in the first place.
- Be sure to give them extra care and attention.



# Failures

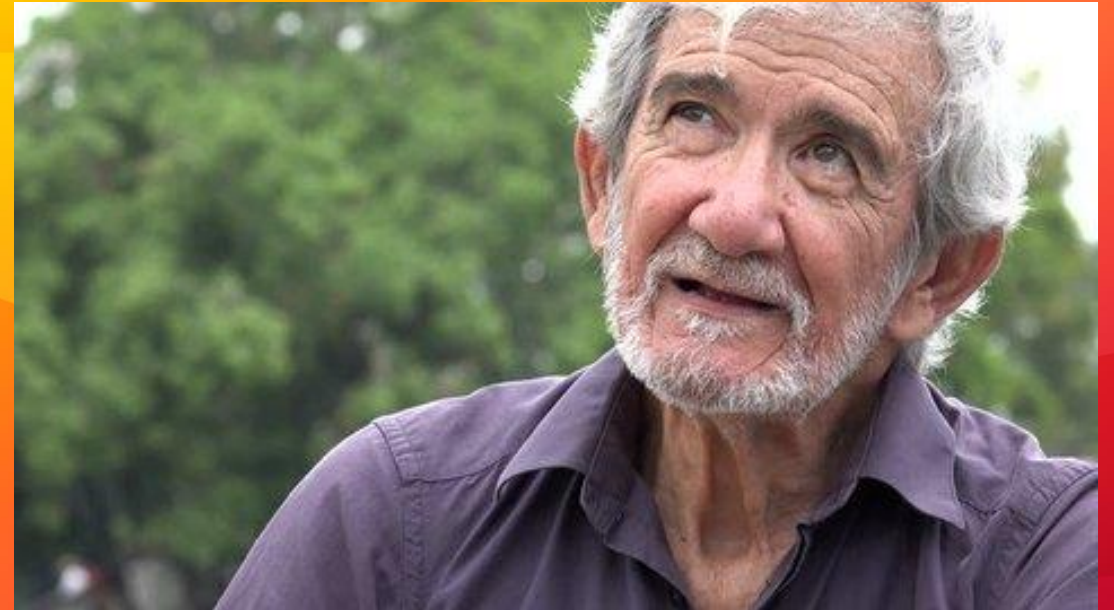
- A personal story of failure.
- Follow your setbacks with a good story of how you responded to that failure.





# Philosophy

- Your philosophy on life.
- What wisdom would you like to leave to your family?
- What aspects of life are important to you?
- How do you define your character?



# Inspiration

- Write about the people that have inspired you.
- Who were or are your role models?
- Why or how did they affect you





# Define

- What are the events that have defined you
- What significant events have helped shape your destiny, outlook on life, relationships etc.?



# Aspirations

- What do you aspire to?
- Your romantic life
- Your faith
- Your aspirations
- Your dreams
- Your spiritual profile





# Family

- Profile your family.
- Describe those closest to you
- Their character
- Their lives
- Your relationship with them
- Their influence on you



# Friends

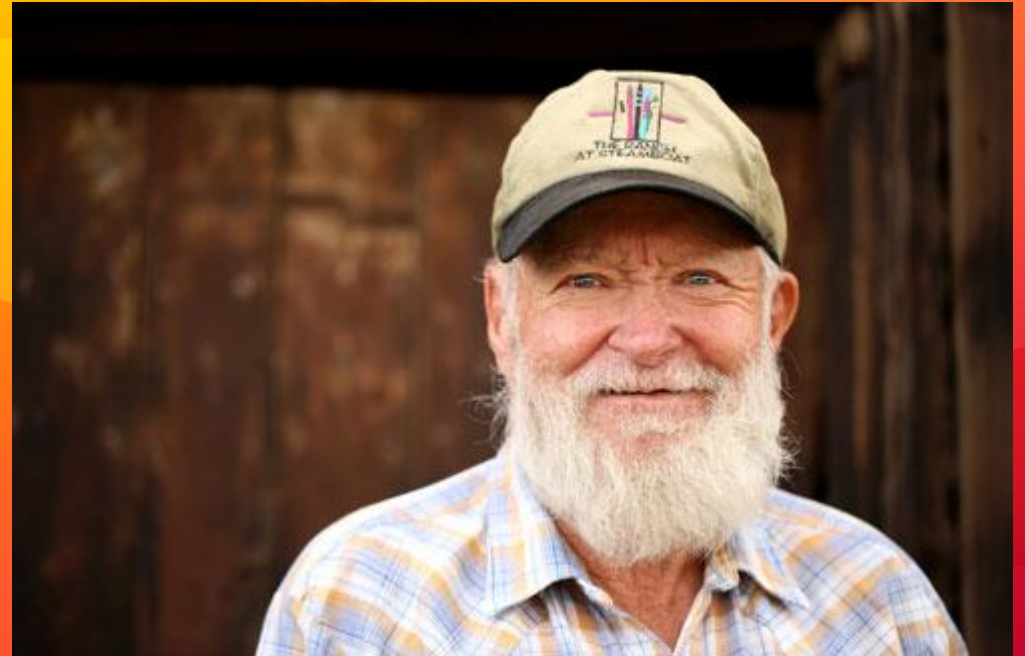
- Write about your friends.
- Your pets
- Your workmates
- Your sporting companions





# Passions

- Discuss your passions.
- Your favourite
  - authors
  - Movies
  - Music and songs
  - Art
  - Food and Drinks
  - Games and Activities
  - desires etc.



# Beliefs

- Write about your belief systems.
- your politics
- your relationships with the community





# Living

- Write about where you have lived .
- the country
- the town, village, suburb ...
- the homes you occupied etc.
- favourite memories



# Travel

- Profile your travels.
- Where have you been?
- What were your experiences?
- Favourite places?
- People you met
- Friends you made
- Life-changing experiences





# Emotions

- Talk about things that have triggered your.
- made you proud, sad, happy, excited, disappointed, angry, terrified, joyous, laugh, cry etc.



# Achievements

- Write about your significant achievements in life .
- honours gained, inventions, awards, trophies, educational awards, workplace moments etc.





# Career

- Write about your career
- Why you chose it
- Milestones
- Achievements, etc.



# Writing - getting started

- Procrastination is your worst enemy!
- Make a start ... “I was born...”





# Writing - structure

- Use a structured approach
- Major headings
  - Sub headings
    - Sub-sub headings
      - Key words
      - Sentences



# Writing - order

- Words first
- Pictures second





# Writing - tools

- Microsoft Word
- Type vs dictate
- Scanning



# Resources

- Ian's own autobiography
- [Click here](#)
- Ian's master list of questions
- [Click here](#)

