



## First Sentence Prompts

Are you ready to write your memoir and don't know how to start? Just start! Use one of the first sentences below to prompt you. Memory is like a muscle; as you begin to write what you remember, more memories will surface. Keep a list of topics as they come to mind.

See *Ways to Get Started* resource at [www.LifeWoven.com](http://www.LifeWoven.com).

### First Sentence Prompts:

The story of my life began...

When I was 5 (6, 7, 8, etc.)...

My first memory is...

The story of the day I was born ...

I was named after \_\_\_\_\_, who...

Every time I eat/smell/hear \_\_\_\_\_, I remember ...

A family vacation I remember is...

A holiday tradition our family had was ...

Something I remember about my grandmother/grandfather/aunt/uncle...

Something my mother/father/grandparent taught me is...

Someone who inspired me was...

Something I have learned is ...

A beautiful thing I saw/heard/realized/had happen is ...

The story of my life began...

Something I am thankful for in my life is ...

Something I was afraid of as a child/teenager/adult was....

My most embarrassing moment as a child/teenager/adult was...

Someone who loved me is ...

What has sustained me through hard times is ...

Something I have struggled with is ...

The turning points in my life have been ...

The themes throughout my life have been ...

My blessings have been ...

Something I wanted or dreamed of as a child/teenager/adult was...

My best friend as a child/teenager/adult was...

A story I remember about \_\_\_\_\_ is...

The day I got engaged/married/had my first child...

My worst job was....

My first house/apartment...

When I had the measles/mumps/tonsils out...

My first crush/kiss/date/dance...

My family's views on money/politics/religion/sex...

Something I always wanted to do is...

Something my mother/father/grandparent always said was...

Something I have never forgotten is...

Today I am remembering... I think this is because...

Something I never got over is....

Last night I dreamed...which brought to mind the memory of...

The most traumatic thing that ever happened to me was...

The worst teacher I ever had was...

The hardest thing I ever had to do was...

The pet I loved the most was...