

Phase I: Explore an Historical Event

REMEMBER AN EVENT

Listen to a story of an event. Create a t-chart. Collect important or interesting images, actions, and words.

Images & Actions	Words

Writing #1:

DESCRIBE THE EVENT

Describe the setting and the people (description and actions)

HABIT

Pause and consider:

- What draws my attention?
- What details do I want to include to tell the story of the event?

TOOLS OF MEMOIRIST

Observe and notice interesting details. Write to capture the actions, descriptions, and words spoken at the event.

Read & Reflect #1: FIND AN IDEA

Read and highlight words in your description that seem important or that stand out to you.

- Connect the words to form an idea you now have about the event.
- What does this event mean to me?
- Name an idea.

HABIT:

- Question what draws your interest.
- What do I know about myself?

TOOLS OF MEMOIRIST

Ask questions to reflect on an observation or event, and understand its importance

Phase 2: Go Deeper to Understand Yourself

<p>Writing #2: EXPLAIN AN IDEA THAT SEEMS CONNECTED TO YOU (PERSONAL VIEW)</p> <p>Why does this idea matter to me?</p> <p>How does this affect me?</p> <ul style="list-style-type: none">• My values?• My beliefs?• My concerns?• My hopes?• My actions? <p>HABIT: Ask and answer questions to reflect on an idea and push to understand who I am.</p> <p>TOOLS OF MEMOIRIST Write again and again to push deeper and find new and surprising thoughts.</p>	<p>Reread & Reflect #2: FIND A DEEPER IDEA</p> <p>Highlight words that seem important or are repeated.</p> <ul style="list-style-type: none">• What do these words suggest?• What new idea do you have, now that you have reflected? <p>Name this new idea that takes you to a deeper meaning.</p> <p>HABIT:</p> <ul style="list-style-type: none">• Notice key words that I repeat.• Question what I repeat.• What does this suggest about who I am? <p>TOOLS OF MEMOIRIST Write again and again to push deeper and find new and surprising thoughts.</p>	<p>Writing #3: DESCRIBE THE EVENT WITH NEW EYES</p> <p>Tell the story of the event again. Consider how the insights you have discovered might change the way you tell the revised story of the event.</p> <ul style="list-style-type: none">• Insert actions in your life that occurred at the same time as the event.• Insert reflections and insights you have come to. <p>HABIT:</p> <ul style="list-style-type: none">• Use past writing to angle the next piece of new writing <p>TOOLS OF MEMOIRIST Write again and again, relying on new insights to re-see events and explain how the events impacted your life.</p>
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Phase 3: Track an Idea to Find an Event that Explains Who You Are

Writing #4:
STRAY INTO MEMORY AND WRITE ABOUT YOUR LIFE

Write the story of an event in your life that is an example of this new idea.

Add comments that explain what you understand about yourself or the world.

HABIT:

- Connect ideas and what you learn about yourself to other stories or events in your life.
- Use reflective statements about the event's meaning and how it helps you understand yourself.

TOOLS OF MEMOIRIST

Write again and again to push deeper to understand who you are.

Daily Reflection

Date and label each reflection at the top of the page.

Reflection #1: Writing to Discover

How do you feel about writing to explore and discover ideas, feelings, and ways of seeing and re-seeing an event in your life?

What advantages and disadvantages do you see in writing a series of entries, knowing that you will abandon 90% of what you write?