

MEMOIR PROMPTS

CHILD

What is your earliest memory?
What books were read to you?
What childhood illnesses did you have?
What historical events took place during your childhood?
When did you feel you were in danger?
Who and what did you envy?
With whom did you share secrets?
When did adults let you down?
What family get-togethers did you have?
What subjects were avoided in your family?
What was unique about your family?
What objects from childhood have you saved?
What rules did you hate?
When did you feel loved?

ADOLESCENT

What school subjects interested you?
What were you involved in at school other than classes?
Who were your best friends?
What music did you listen to?
Whom did you have crushes on?
What rebellious things did you do?
What family conflicts worried you?
How did you get money?
What are you thankful for during your teenage years?

EARLY ADULT

What thresholds have you crossed?
When did you begin to feel you were an adult?
What jobs have you had?
When and how did you leave home?
What has been your biggest challenge?
What disappointments have you encountered?
Where have you traveled?
Who have you loved?

SPOUSE/PARTNER

How did you first meet?
What have you learned about your spouse that surprised you?
What adjustments did you make in order to maintain peace and harmony with your spouse?
What are some encounters (good or bad) you have had with your in-laws?
What is the division of labor for chores and tasks?
When do you spend time together in a normal week?
What interests do you have in common?
When have you been separated?

*The creativity to inspire and engage
and the power to command action.*



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