

Thinking of starting a memoir? These two worksheets are all you need!

There are two worksheets included below. Get inspired with Worksheet 1, then use the second worksheet^a to begin shaping and customizing your own character arc. It's that easy to get started!

And, you'll be amazed at how much of your memoir you can accomplish with just two worksheets!

Note: a full memoir is a large, long-term goal. Feel free to commit to one small part at a time. Go at your own unique, individual pace of comfort.

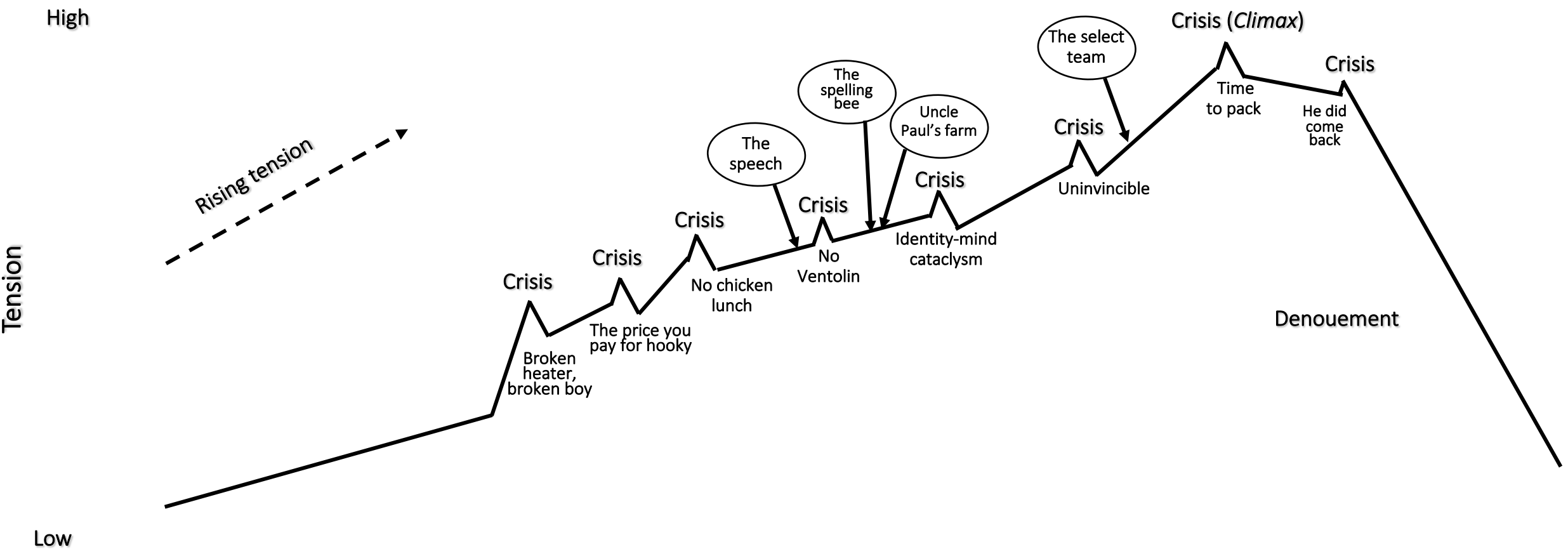
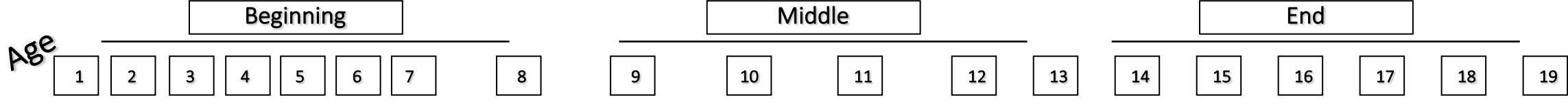
^a Worksheet 2 is the actual character arc from the memoir, *This Happy Home*.

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Worksheet 1

- Take care of your psychological safety!
- Some big questions:
 - What is the purpose of my memoir? ^a
 - What is the (approximate) start and end of memoir?
 - What will be the tone (funny, overcoming hardship, etc.)?
 - What stories do I have to contrast the tone (roller coaster effect)?
 - What are the major pivotal moments in my life?
 - What people/pets/animals/places/etc. will I write about?
 - Do I have secrets I am going to include? What are they?

^a Purpose is about what you want your book to become (e.g. huge and famous, vs. a keepsake for family – or something else, like a healing platform), and your motives for wanting it to become that.



○ The ovals represent the positive pivotal moments

Character Arc Diagram