

**Memoir Writing: Turning Your Life into Art (or Is it the Other Way Around?)**

By R.J. Fox

**Exercise #1**

*List 5-10 memories that stand out in your mind (major or minor...nothing is insignificant):*

**Exercise #2**

*Six-Word Memoirs*

<http://www.sixwordmemoirs.com>

*Example:*

"For Sale: baby shoes, never worn." (Ernest Hemingway)

Now, write six of your own:

1.)

2.)

3.)

4.)

5.)

6.)

**Exercise #3**

*Select ONE of the following prompts. Spend 10 minutes writing it. Be ready to share with another participant. Please consider completing the other prompts on your own time!*

-Describe a key moment in your life that shaped you in some way.

-Write a recollection about a close friend.

-Describe one of your funniest memories.

-Describe an embarrassing moment.

-Describe a childhood memento.