



kn literary arts
Write a Book. Change the World.

Your 100 Moments



**A SIMPLE EXERCISE
TO GET STARTED WRITING MEMOIR**

Getting Started

STEP #1

Pick a quiet spot for 20-30 minutes where you won't be interrupted.



STEP #2

Print out these pages and find a pen you love.



STEP #3

Set a timer for no less than 20 minutes but no more than 30.



STEP #4

Working quickly and without censoring yourself, jot down 100 moments from your life, stream-of-consciousness style.



Your Moments

Your moments do not have to be major experiences or turning points.

You might include the memory of a smell, a conversation, an image you can't forget from when you were six.

No moment is too small for this exercise! (What might seem inconsequential now could lead to a major "a-ha" later.)

Examples:

1. Aunt Jane's lemon meringue pie
2. Watching Top Gun with Dad and him covering my eyes during the sex scene
3. Stealing candy from Mom's sewing room
4. The time we got burgled
5. Mrs. Dixon telling us about the Challenger explosion

You can't do this wrong except by judging yourself.
Let the memories fly!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

31. _____

32. _____

33. _____

34. _____

35. _____

36. _____

37. _____

38. _____

39. _____

40. _____

41. _____

42. _____

43. _____

44. _____

45. _____

46. _____

47. _____

48. _____



48. _____

50. _____

51. _____

52. _____

53. _____

54. _____

55. _____

56. _____

57. _____

58. _____

59. _____

60. _____

61. _____

62. _____

63. _____

64. _____

65. _____

66. _____

67. _____

68. _____

69. _____

70. _____

71. _____

72. _____

73. _____

74. _____

75. _____

76. _____

77. _____

78. _____

79. _____

80. _____

81. _____

82. _____

83. _____

84. _____

85. _____

86. _____

87. _____

88. _____

89. _____

90. _____

91. _____

92. _____

93. _____

94. _____

95. _____

96. _____

97. _____

98. _____

99. _____

100. _____

Next steps: Let the list rest for a day or two. Then, go back and circle the moments that feel most “alive” to you. (Either in a good way, or better yet, in a bad way.) Set a timer for 10 minutes, choose one of the moments you circled, and write about it. Once again, the goal is to write without judgment. Don’t censor yourself, and don’t pick up your pen from the page until the timer chimes. Repeat daily as a writing practice until you’re ready to start creating a more organized outline. (When you are, use our **3 Outline Templates** to help you structure your story!)

Need additional help with your memoir?

We offer writing, editing, coaching and platform-building services!

Schedule a free, no-obligation call