

126 MEMOIR PROMPTS

What did you dream of becoming?	What questions would you like to have answered? Make a list of them.	Where did your father work?	What is your deepest passion in life?
Describe your childhood home.	Relax and transport yourself to a room in your memory. What do you see, hear, smell, etc?	When you were a child, who was your favorite person to be around?	Talk about an embarrassing moment in your life.
What do you think your parents wanted you to be when you grew up?	How did religion figure in your life as you were growing up?	Write about a tradition your family had when you were a child.	What traditions have you followed as an adult?
What is the one thing in the world that you couldn't be paid to do? Why?	Finish the sentence, I will scream if I ever again have to...	Finish the sentence, I've never told anyone that...	What is your favorite TV show? Why?
What is your favorite flower? Why?	What is your favorite holiday? Why?	What is your favorite food? Why?	What is your favorite book? Why?
Tell about the birth of a child.	Make a list of things you are grateful for.	List the ways that you nurture yourself.	What are some of the things you are good at?
What do you like the best about yourself?	Talk about some of your fears.	What blessings have you received in your life?	What are some of the things you would like to accomplish in the next 12 months?
Make a list of the things you want to do before you die.	Talk about what you wanted in a mate when you were young and then whether or not your expectations changed over the years.	Talk about one or two things that have scared you in the past but don't bother you anymore.	What are some of the things you believe in?

120 MEMOIR PROMPTS

What are some of things that you value in life?	List some ways that you help others	What are some things that turn you on?	What are some things that turn you off?
List some judgments that you commonly make.	What are some things that you find hard to share with others?	List some things that you are disappointed about.	What is your favorite color? Why?
Write about ways in which you are generous	Tell about your most joyful life experience.	Write an unsent letter to someone who has annoyed you or you are still angry at.	Pick a childhood memory and journal about it for a bit
Write about some of the jobs that you had during your life.	Recall an event or person that you wish you had captured on film. Jot down specific details.	Write about a pet you had during your life. Which pet was your favorite? Least favorite?	Write about some of the things your parents used to say to you
Write about some things you do when you're alone	Choose a character you wish to portray. Make a list of all the details you can think of that help define this character.	Talk about some of the skills that you have	Write about some rules that you have broken
What is the most important lesson you would like to share with future generations?	What is the most bizarre thing you have ever seen?	Write a letter to your grandchild (already born or not!) and share what you have learned from living you life.	List some things (people, places) that you love
Tell about your saddest life experience.	What future event do you most look forward to?	Tell about the worst fight you ever had	What event in history has always intrigued you?
What do you think the meaning of life is?	Make a list of things you need or want to do	Tell about how technology has changed during your lifetime.	Tell where you were when a major event in history happened. (JFK's death, 911, Pearl Harbor, etc.)

120 MEMOIR PROMPTS

Journal about a favorite scripture or quote.	If a movie was made of your life, what star would play you? Why?	At what age did you feel you had finally grown up?	What was your favorite age?
Do you have a favorite song? If so, why is it your favorite?	What makes you sad?	Is there something interesting or unusual about your family history?	Journal a while about some of things you do when you're depressed.
How did you choose the career you have followed for the majority of your life?	Think about some things that anger you. Write about them.	Where do you stand spiritually? Do you believe in God?	Talk about some of the places you have visited during your lifetime.
Did you have a best friend growing up? Talk about him or her.	Where was your favorite place to play as a child?	Did you have a teacher that had some influence on your life – good or bad?	Talk about some things in this world that annoy you.
What is the hardest thing you have ever had to do?	What is the one thing you regret most in your life?	Make a list of some of your biggest challenges over your lifetime.	Tell about your feelings towards your chosen profession or career.
What is your favorite hobby?	What are you afraid to have others know about you?	What are your best attributes?	Make a list of people who you admire.
What do you think you still want to do with your life. Talk about this for a bit.	Write about an event that still hurts to remember.	Tell about the worst fight/argument you ever had	Write about a gift you once received that had special meaning for you.
What is the one food item you hate the most?	What is your favorite food. Why? Describe it in detail.	Where do you go when you feel you need to 'get away from it all'?	Where are your grandparents from?
Draw a picture of your childhood home. Draw in your family.	Draw a picture of your favorite place.	Describe your ideal mate.	What is your deepest darkest secret?

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If you were stranded on a desert island, what three things would you HAVE to have with you to be happy?	What kind of car did your family have when you were a child? If no car, how did they get around?	If you could change one thing about your life, what would it be?	If you took down all of the walls that you have built up, what would you be most afraid of?
What is your favorite book as of today? Why?	Write a bit about your favorite toy as a child.	What was your favorite book as a child? Why?	Where did you spend your honeymoon?
"Care about people's approval and you will be their prisoner." - Tao Te Ching Journal about this quote.	"Anything we fully do is an alone journey." - Natalie Goldberg, Writing Down the Bones: Freeing the Writer Within. Journal about this quote.	Gore Vidal said: "Know what you want to say, say it and don't give a damn." What do you think?	"Tell me to what you pay attention to, and I will tell you who you are." - Jose Ortega y Gasset What do you pay attention to?
What do you think are your worst faults? What can you do to fix them?	What are some chores that you were required to do as a child?	How did you celebrate birthdays as a child? How do you celebrate them now?	When did you move out of your parents home?
Tell about some home remedies you use or your parents used.	Tell about a tragedy that happened in your life.	What was your first experience with death?	What things do you wish you had done differently with your life?