10 Memories Worth *Writing About*

Lifetales Media

Pick a memory and try its exercise. If a detail is fuzzy, start with what you do remember.

PLACES & EVERYDAY RITUALS

01 A Room You Can Still Walk Through

Prompt Think of a room you knew by heart. Where did you usually sit or stand, and what happened there on an ordinary day?

Exercise Start at the doorway. Write three sentences that move into the room. Include one object, one sound, and one action.

02 Something You Did Again and Again

Prompt Recall a small ritual such as a Saturday errand, a bedtime routine, or a meal you helped prepare. Who usually did what?

Exercise List three actions in the order they happened. Pick the middle action and show how one person did it, using a gesture or a familiar phrase.

People & the things they leave us

03 Someone Who Made You Feel Seen

Prompt When did someone notice a need, a strength, or a worry you had kept to yourself? What did that person do?

Exercise Write what you were doing just before they noticed, what they did, and how you responded. Give each moment one sentence.

04 An Object With a History

Prompt Choose something you kept, inherited, gave away, or lost. What moment in your life comes back when you picture it?

Exercise Describe one mark or worn spot on the object. In two or three sentences, follow that detail into a memory of someone using or handling it.

Choices & turning points

05 A Choice You Can Still Picture

Prompt Remember a time you chose between two real possibilities. Where were you when you decided, and what made the choice difficult?

Exercise Complete “I could …” twice, once for each option. Then write one sentence showing the first thing you did after deciding.

06 The First Time You Tried

Prompt Recall doing something unfamiliar on your own. What small part of the experience was harder or easier than you expected?

Exercise Begin with your first physical action. Write three sentences about what happened next, including a small surprise or a moment of hesitation.

Humor & small kindnesses

07 A Time You Couldn’t Stop Laughing

Prompt Think of an ordinary moment that turned funny. What were you expecting to happen, and who was there when it went sideways?

Exercise Write the setup in one sentence, the surprise in the next, and someone’s reaction in the third. Let the reaction end the scene.

08 A Kindness You Still Remember

Prompt Recall a small kindness you gave, received, or witnessed. What did someone do, and what difference did it make that day?

Exercise Begin with an action you could see. Add two sentences about what changed in the next few minutes.

Endings & looking back

09 A Last Time You Remember

Prompt Think of the last time you visited a place, saw someone, or followed a familiar routine. What do you remember about leaving?

Exercise Write one detail from that day. Follow it with two sentences about what you understood then and what you understand now.

10 A Memory You See Differently Now

Prompt Recall a moment whose meaning has changed for you. What do you notice today that you overlooked at the time?

Exercise Finish “At the time, I thought …” and “Now I wonder …” Then add one detail from the original scene that connects the two thoughts.