

Step One:

Moments that Mattered

Write down five "Moments that Mattered" from the following life stages:

1. Childhood
2. Teenage
3. Young Adult
4. "Older" Adult
5. Now/Today

Next, think about each moment you listed and reflect on the role your disability played when that moment happened.

(HINT: The theme of "disability" may influence your thinking.)

Don't over-think it. Refer to your Moments that Mattered exercise to help you.

Titles are concise and attention-grabbing. Sub-titles give more information and adds more context.

Write the memoir TITLE and SUB-TITLE for your second memoir. (This is about the life you have lived since the first memoir title you wrote.)

Next, compare your future title to the first memoir title you wrote.

(You may learn something about yourself comparing the two titles.)

Step Two:

Memoir Title Today

Write the memoir TITLE and SUB-TITLE for the life you have lived up to now.

Pretend its 2046 and you've lived more of your life. Think about your hopes, your dreams, and your aspirations for the life you will live.

Write down three "Moments that Will Matter" from your future life.

- Moment #1
- Moment #2
- Moment #3

Now, think about each moment you listed and reflect on what needs to change in order to achieve your desired life.

Step Three:

Moments that Will Matter

Step Four:

Memoir Title Tomorrow



TheMemoirMethod.com

MEMOIR METHOD
YOUR STORY TODAY & TOMORROW

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MEMOIR METHOD
YOUR STORY TODAY & TOMORROW

what I usually do is design this page facing upright, like this... then group all the elements

once I'm done designing and group the elements, I flip this section upside down

This is page 2 (inside left)

This is the Cover

if you keep your text within the guidelines it will print nice and even with even gaps when you fold it up

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