

Start Writing Your Own Memoir

When writing the story of your life, only you can hold the pen!

Encourage your residents to open a blank journal and begin writing their memoir. They could even make a New Years' resolution to commit to working on a few times each week!

Inspire them with these 10 prompts:

1. Where did you grow up?
2. What school did you go to?
3. Where did you have your first job?
4. What kind of pets did you have?
5. What was your favorite school subject?
6. What was your favorite job you've had?
7. Do you have any children? If so, who are they?
8. What is your favorite vacation destination?
9. What holiday do you enjoy the most?
10. Where did you get married?



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