



ON THE DAY YOU WERE BORN

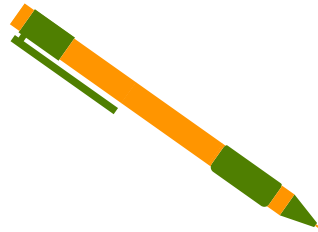
How much do you know about what was happening around the world when you were born? Even though these events may not have affected you and your family directly, they're part of the context in which you entered the world. And in them, you may find some unexpected insights into your life story.

Feedback on this exercise? E-mail me
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research

notes



deepen

exercise



Start with a bit of research. Look on websites such as on-this-day-in-history and scopesys.com/today. Consult online archives of newspapers, as well. Try to be sure to branch out beyond the news in your country or region to get a better idea about what was going on in the world at that time.

Now make a few notes ...

- What adjectives would you use to describe the world's mood around the time when you were born?
- What about the mood in your birth country?
- What international events were dominating the news?
- What important stories were more hidden?
- What questions do you have that you might want to investigate?

Dig a little deeper. Choose a country that's quite different from your own and go further with your research on what was happening in that place around the time you were born.

Imagine you were born in that other country and write the autobiographical beginning of that story (just one or two pages). Now reflect:

- How do you feel about this alter ego's life story?
- How does this story make you feel about your real life story?
- How do the stories we tell ourselves about our lives affect the life experiences we have?
- What insight does it give you into the things you want to include in and focus upon when you write your life story?

If you're interested in writing your personal memoirs, take some notes to you have a record of your insights.