

∞ YOUR MEANINGFUL MEMOIR ∞

• #3 SHAPING •



*“I saw an angel in the marble
and carved until I set her free.”*

— Michelangelo



Now you begin to discover who you became because of what happened.

Now, it's time to shape the stories into a cohesive narrative that begins to reveal the patterns and through-lines of your **Hero's Journey**, leading toward an as yet unknown final act.

Beginning with a chronological account of your memorable life experiences, you will overlay the timeless framework of the Hero's Journey to identify the emotional arc hidden within your stories. Look for recurring themes, pivotal turning points, unexpected mentors, moments of loss and triumph, and the lessons that emerged along the way.

As these elements come into focus, individual stories begin to connect with one another. What first appeared to be isolated events often reveal themselves as part of a larger unfolding. Certain experiences gain new significance when viewed in context, while others emerge as catalysts that shaped the person you have become.

You are organizing your narrative to discover and present a coherent emotional journey for you and for readers. The result is far more than a record of what happened. It becomes an exploration of who you became because of what happened over the decades.

This shaping stage is where discovery becomes design, revealing the hidden thread connecting the chapters of your life.

Your memoir is transforming from the story of a life lived into the story of a life understood, revealing the deeper meaning, purpose, and wisdom woven throughout the substance of your years.

During this shaping stage, a vision board can be helpful. If you have space on a wall – ideally with a bulletin or white board – you can create what works best for you. You can use sticky notes, pictures you cut out from a magazine or download and print out, quotes... whatever you choose to weave together to construct a visual that corresponds to what you are shaping.

∞ THE HIDDEN THREAD ∞

*Patterns emerge.
Stories connect.
Meaning reveals itself.*

Creating a visual story board of photographs, places, people, and meaningful quotes gives your memory additional pathways to travel. Images stimulate different regions of the brain than words alone, often unlocking forgotten details, emotions, and connections that will deepen your writing process.

*“The soul never thinks
without a picture.”*

— Aristotle



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to download our free e-book
and to schedule a free 30-minute zoom.

DIY or we can help but, above all,
write your life!