

∞ YOUR MEANINGFUL MEMOIR ∞

• #2 DOWNLOADING •



Downloading your memories is the first step toward preserving the seasons of your life, discovering the meaning of your human adventure and sharing your gifts with those who will remember you after you are gone.

Writing your memoir begins with identifying **one word** that captures the core meaning of your life. How would you describe your life, in a single word? Wonderful, challenging, happy, exciting, lonely... ?

Now, glancing back on your life through that lens, how do your memories appear? For instance, if you chose “happy,” you’ll discover that some of your recollections are indeed happy, and beyond. But, there will be others that are different; they carry a different emotional weight. They may feel sad, tinged with regret, perhaps some are heavy with self judgement.

This simple exercise acquaints you with the reality of your personal archive of stories and introduces the healing value of writing your memoir. Yes, others will read it, but you will be the first to benefit, resolving and celebrating memories as you write.



Visit www.meaningfulmemoirs.com 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!

*Who looks outside, dreams;
who looks inside, awakes.”*

- Carl Jung



*Every life is a journey; understanding its
meaning is the final adventure.*

Creating your memoir is an invitation to reflect on the twists, triumphs, heartbreaks, and surprises that shaped you over the decades. As the puzzle pieces appear and come together, many people discover something unexpected: not just what happened, but a hidden meaning, purpose, and gifts obscured within your journey until you look.

You can write freehand in a journal, you can dictate, you can type, you can use transcription, and we can help you master the best downloading techniques.

THE FIRST RULE *No Premature Editing.*

Downloading is not writing; that comes later. You are simply capturing what happened. Resist even the temptation to assign meaning. Obey the Jack Friday Law from Dragnet, “*Just the facts!*”

We recommend that you begin at the beginning, with your birth. Capture whatever you can remember and advance through your childhood all the way to present time. Don’t go back to edit!

You’ll be amazed with the journey you’ve been living without realizing the significance of seemingly ordinary moments. They add up... to your extraordinary life.

*“After nourishment, shelter and
companionship, stories are the thing
we need most in the world.”*

— Philip Pullman