



## *Telling Your Story*

Millicent Flake

First Baptist Church, Dalton, Georgia

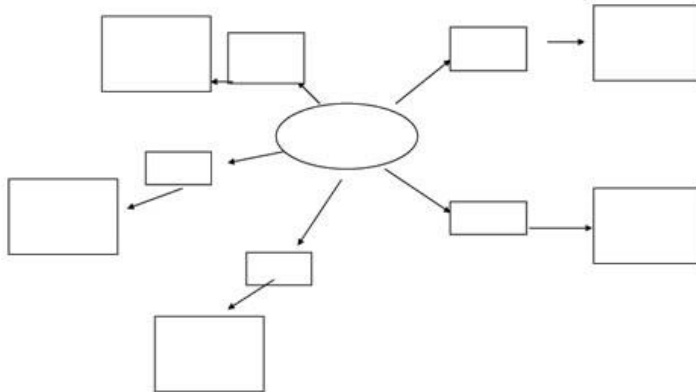
Georgia Cooperative Baptist Senior Adult Conference  
September 27-28, 2020

*Writing down your stories is a way to share with your children and grandchildren the ways God has worked throughout your life.*

### *Exercise: Writing the Shorts*

1. Brainstorm about a person, place, or thing from your childhood. Think in terms of your 5 senses — what would you see, hear, taste, smell or touch? Jot down ideas or phrases that come to mind.
2. The next day, sit down and write it out. Don't edit as you are writing this rough draft!
3. The third day read over what you wrote and edit and polish it up. You have written a chapter in your story!

You may prefer creating a more visual mind map of memories:



### *Places to go for inspiration:*

- Talk about a significant day in your life; describe where you were on an historic day; tell about your first day of school, first date with your spouse, first car or first job
- Look at an old photograph and write about where you were, what you were doing, what you were wearing
- Using the format above for *Writing the Shorts*, describe an important person from your life

- Some websites for memoir writing prompts:  
<https://blog.ioaging.org/activities-wellness/8-memoir-writing-prompts-for-older-adults-how-to-write-your-life-story/>  
<https://www.monami.io/activities/memoir-writing-stop-thinking-start-doing>  
<https://journaltherapy.com/wp-content/uploads/2015/04/Article-KA-Life-Story-Writing-for-Seniors.pdf>

*Options for getting your thoughts down*

1. Write your memories by hand and keep in a notebook or have someone type them for you.
2. Type your stories in Microsoft Word, Google Docs or a similar software.
3. Record yourself on an app such as Just Press Record or Voice Recorder or use a feature such as Google Voice to type as you speak.

*Options for publishing:*

1. Put your handwritten notes or printed pages in a loose-leaf notebook
2. Take to an office supply store for printing.
3. Have your pages stapled or bound into a small book at an office supply store.
4. Use a self-publishing company such as [Kindle Direct Publishing](#) (formerly Create Space) or [Lulu.com](#)
5. Use an independent publisher but beware of cost!

Good luck with your project! I would love to hear about your progress!

Millicent Flake  
[maflake@bellsouth.net](mailto:maflake@bellsouth.net)  
[maflake.com](http://maflake.com)