

*Better Health for Life from
Lehigh Valley Hospital and Health Network*



Writing a Memoir

Many people would love to write a memoir, but don't know how to organize what seems like an overwhelming project. It's easiest to simply start writing down stories about your life; you can put them in order later. The following questions will help jog your memory.

Childhood

- What was your family like?
- What did you and your siblings enjoy doing together?
- What kind of neighborhood did you live in?
- Describe your family home.
- Who were your childhood friends?
- What activities did you enjoy as a child?
- What were your favorite books or toys?

School

- What was school like when you were a student?
- How did a special teacher affect your life?
- Were you a good or poor student?
- What subjects did you like best or least?
- What sports or other activities did you participate in?
- Describe your school friends and enemies.

Work

- What was your first job?
- How did you decide what field to enter?
- What's the most enjoyable job you ever had? The worst one?
- How did you deal with setbacks?
- Would you choose the same career again?
- What do you think makes a job really satisfying?



LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE

Healthy You

January/February 2007

*Better Health for Life from
Lehigh Valley Hospital and Health Network*



Writing a Memoir

Marriage and Family

- How did you meet your spouse?
- What attracted you to him or her?
- Describe your wedding day.
- How did you feel when you first became a parent?
- What was the hardest part about raising a family?
- What do you think makes a successful marriage?

About Yourself

- What's your favorite book or movie?
- Why do you enjoy the hobbies you have chosen?
- What's the dumbest thing you've ever done?
- What's your most prized possession?
- What's the most interesting place you ever traveled to?
- Which of your accomplishments gives you the most satisfaction?
- What do you like or dislike about your life right now?*

You can find more ideas for writing memoirs at www.seniors.com or www.capturingmemories.com.



LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE