WRITING YOUR OWN STORY

Bonnie G Danowski

FOUR QUESTIONS (+1)

Why do it?

How do you do it?

Where do you start?

What inspires you?

What can happen?

WHY?

• To remember

• Clarification

• Release

Reveal

• History
• Uncover
• Discover
 Personal
• Private
Privilege & Responsibility
Write what we cannot say
Therapeutic
• Inspire
Leave a legacy

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HOW?

- Pick a quiet place
- Set a time limit (beginning)
- Let your mind wander
- Take a walk
- Write letters
- Journal
- Be honest
- Develop a routine
- Join a writers' group
- Read

WHERE DO YOU START?

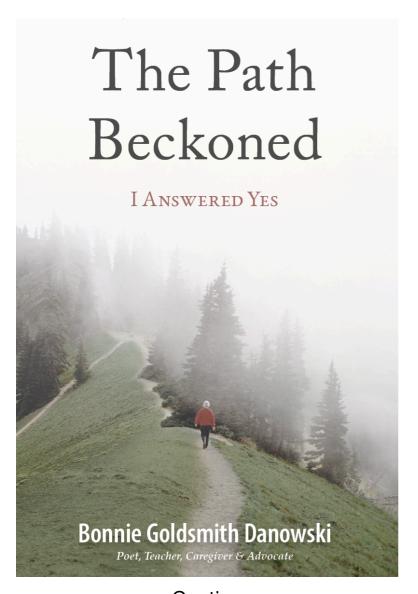
- What happened today
- Do you have a special memory
- · What was your childhood like
- Is there an idea you want to develop
- · What question is on your mind
- Is there a big event you remember
- Is there a feeling you want to explore

FINDING WHAT INSPIRES YOU

•	Describe the view from where you are at this moment
•	What makes you feel warm and happy
•	What's in your heart right now
•	Describe a spiritual experience you've had
•	What makes you sad
•	Who are the special people in your life
	 Is there something you were a part of that you remember; how do you feel about it
	What do you dream about

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What Can Happen



Caption

Your story could become

a book!

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