

# 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

## 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

## What Can Happen

# The Path Beckoned

I ANSWERED YES

**Bonnie Goldsmith Danowski**

*Poet, Teacher, Caregiver & Advocate*

Your story could become  
a book!

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Caption