

HOW TO WRITE AN

AUTOBIOGRAPHY



A free e-book from Treasure Chest Products for anyone beginning the Autobiography writing process.



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Introduction

*'There are places I'll remember,
all my life, though some have changed.
Some forever, not for better,
Some have gone, and some remain.*

*All these places have their moments,
but lovers and friends, I still can recall.
Some are dead and some are living...
in my life I've loved them all.'*

(The Beatles 'In my Life' 1962-1970)



There is no better time in 'Your Life' than now, to write about the people and places you remember and hold dear today. Writing an Autobiography is the ideal way to capture the stories of your life and the times you've lived in. What's more, your words will be cherished by your descendants for years to come.

Every life is a story and that's what this e-book intends to do; help you to tell your story. This e-book is designed to act as a primer and to help get you started with the Autobiography writing process. You may feel like you have nothing worthwhile or interesting to say about your life, but you couldn't be more wrong. Every individual's life is unique. What has happened in your life, along with the people and places you have known have shaped who you are today.

**So just read on and prepare yourself for an exciting and wonderful journey.
Bon Voyage!**

Why write an Autobiography?

What is an Autobiography?

Quite simply it is a historical record of a person's life; the thoughts, feelings, events, people and places of an individual's past in detail.

It is your very unique and personal contribution to your family's history, and on a greater scale your contribution to the history of the world we live in.

Why write an Autobiography?

Why indeed? There are many reasons to write an Autobiography. The main reason should be because you want to. Perhaps to share the experiences of your life with others; as a gift for your family; a desire to write; to try and understand your life and the forces that have shaped you; to gain a new insight into yourself; so that you are not forgotten or simply to have a story to go with those dozens of old photos you have kept in a box for years.

What's interesting about my life?

The story of your life is unique to you. What has happened in your life along with the people and places you have known have made you the person you are today. Even if you think your life is not important to anyone else it is important to you and for this reason it matters.

Do not underestimate how interesting your history will be to your loved ones. There are things they don't know about you and would like to know. Your time in history is different to theirs. Ask yourself this; would you like to have had an Autobiography written by your parents? It would surely be one of your most prized possessions.

How do I begin to write?

You don't have to be a great writer to write your Autobiography. Your words written naturally are more important for this type of task. Find a quiet, comfortable place to sit, at a time of day when you won't be disturbed. Think back over your life and the memories that stand out and then decide which stage in your life you are most comfortable starting with.

What if I have forgotten?

You may feel like some memories have gone from your head. Not so, they are still in there and just need a gentle push to the surface. Try and focus on a particular stage in your life i.e. Childhood. Try to find things you have kept from that time. Once you start to remember one or two incidents this will act as a trigger for remembering other things from that time. Before you know it things will soon start to flow. Use a pocket notebook to record thoughts as you go along.

How long will it take to finish?

There is no set time for finishing your Autobiography. The sooner you begin the sooner you will be finished.

While there is no rush you also don't want to take years to complete this project. It's best to strive for a rough time scale and a certain number of pages a day or week. Set yourself achievable goals so that you will not lose interest or find other activities take priority. For a 250 page Autobiography, by writing two pages a day you'll be finished in four months – four pages a day will take two months!

And finally...

Enjoy yourself. Have fun reliving those old memories. Laugh at the funny ones, cry at the sad ones but most of all don't ever let yourself forget them again.

Getting Started – Different Approaches

Where do I begin?

From how-to books, to oral and video autobiographies, there are a variety of different approaches to writing and organizing your Autobiography or the Biography of your chosen subject. Choosing the right system for you is an important first step.

Determining how to begin the Autobiography writing process can be frustrating. There are many options, and you need to figure out which method is most suited to you. Here is a list of the most common approaches, with some comments regarding each approach. At the end of this e-book is a Further Reading Appendix which can help you to find additional information on many of the options listed below.

1. Published how-to book

How-to books are a great way to get started with the Autobiography writing process. They are usually filled with excellent advice on organizing an Autobiography using life stages, family trees and a long list of questions which help to get the writing process started. They can be readily found in most bookstores or online booksellers. Some of our favorite books are in the Further Reading appendix within this e-book.

2. Fill-in-the-blanks book

This is a very common method of Autobiography writing, as evidenced by the large variety of bound books available in retail stores and online booksellers. This is probably the easiest approach, as you simply fill in answers to pre-prepared questions, which usually do an adequate job of covering the basic chronology of your life.

The disadvantage to this approach is that rarely will your life fit neatly into a bound book. Also there isn't usually much space to talk about the large variety of unique stories which are the experiences of your life, so you may end up needing to improvise by adding new pages from a notebook, or crossing out irrelevant questions and writing in your own. Another drawback is that you are limited to writing your answers longhand, rather than having the option to type using a typewriter or computer and keyboard. You must remember that others will eventually read what you have written so another consideration is that your writing must be legible enough for others to read (although since it is in your own handwriting, it can be more meaningful to those reading).

3. Fill-in-the-blanks binder

A fill-in-the-blanks binder is another common approach. It combines the ease of a bound fill-in-the-blanks method with the flexibility of a three ring binder and allows you to freely write the wide variety of life stories you have accumulated. Other benefits are that you can include photo and zipper pockets for heirlooms and other memorabilia. Some writers purchase simple binders and complete this process themselves, but there are some products which do a very good job of providing a complete system or kit which are a great help in completing your Autobiography.

Some products also allow you to choose to handwrite onto a prepared page or type onto a computer and print the completed document, or a combination of the two. One added benefit is that a binder can be taken anywhere, and can be completed at the leisure of the writer, whether

writing in the actual binder, or using a portable computer to type. Again remember that if you decide to write longhand, you should ensure your handwriting is legible enough for others to read – while this may be a drawback, the benefit is that your words written naturally may be more important. In fact ‘your words’ in ‘your handwriting’ can be more precious to your loved ones than any printed document. They will really feel like they have a piece of you forever. An example of this type of product is listed in the Further Reading appendix.

4. Professional Personal Historians

Some people prefer to go to a professional Personal Historian who can help to coordinate the process. It is not always easy to find a professional Personal Historian in all areas, but one excellent source of information is the Association of Personal Historians. Their website address is located in the back of this e-book in the appendix. They list all their members on their website so you can hopefully find one in your area. There are a wide variety of organizational styles depending on the professional. They each bring a unique perspective to the process and can be helpful in organizing and packaging a final product, whether that means you end up with a written, oral or video Autobiography or a combination of the three.

The primary benefit of using a Personal Historian is that you are very likely to complete the process more quickly than almost any other method. The obvious drawback is the cost of hiring a professional. You might consider trying on your own in the first instance, but if you don’t believe you can complete the process on your own certainly look into contacting a Personal Historian to help ensure you can complete this important project. Even if you don’t end up choosing this method, having some audio and/or video of yourself or your chosen subject will be a cherished piece of your Family’s History.

5. Oral and/or Video Personal Histories

Oral and Video Autobiography systems are somewhat more complex than writing/typing, or hiring a professional. There is the need to purchase, hire or use audio/video equipment, and you will most likely need to involve another person to help you through the process. The benefit of both audio and video is that those who will be hearing or watching your Autobiography will be able to see or hear you as you are today. There is obvious value in this.

The downside is that fewer people in your family will likely share the experience due to the cost or complexity of duplicating this type of Autobiography. If you decide to use an oral or video system, you might consider transcribing and copying the content of the Autobiography for wider distribution to your family and friends. You might also consider contracting the services of a professional Personal Historian to help coordinate the process, since do-it-yourself oral and video programs usually turn out to be easier said than done.

6. Online Systems

Online Autobiography Web Templates are very popular at the moment. Normally you pay an annual membership fee or a one-time fee to gain access to an online Autobiography template containing fill-in-the-blanks type questions. With your membership you will receive a password to log-in to the online template whenever you please and you will fill in your answers from your own PC. The advantages to this type of system are that you can type in as little or as much information as you want and you don’t have the problem of messy handwriting. It’s convenient as you can log in whenever you have time and you can save your answers and/or edit them later on, then print when you are ready. On the downside there is the question of how safe your data is when saved onto someone else’s server. Most online autobiography template providers cannot guarantee your data is safe, secure and kept completely private. Also you must have access to the internet to type and this isn’t always a convenient option.

Organizing your Autobiography

There are many ways you can organize an Autobiography, but most Personal Historians will begin by grouping a life into a variety of life stages, and investigating each one in turn. They will also very likely research family histories and build a general timeline or chronology to assist in organizing an Autobiography.

Here are the Life Stages and some additional sections as identified in The Personal History Book:

Life Stages

- Birth
- Childhood
- Teenage Years
- Early Adulthood
- Prime Adulthood
- Middle Adult Years
- Older Adult Years

Additional Sections

- Further Education
- Military
- Marriage
- Children
- Grandchildren
- Great Grandchildren



You may want to organize your own Autobiography in the same way, or come up with your own system which is better suited to your own life and personal situation.

What else to include with your Autobiography?

Dedication

You may have decided before you start writing your Autobiography who you want to dedicate your work to. We would advise that you wait until you have completed it until you decide this. Working on your Autobiography will stir up many old memories, feelings and emotions and you may change your mind about your dedication by the time you are finished.

Foreword

The Foreword is a place for you to put a few of your thoughts before you start your Autobiography e.g. why you are writing your Autobiography, what you hope to achieve by writing it, what you hope others will get out of it, any worries, fears or concerns about reliving the past, etc.

Vital Statistics

Listing your Vital Statistics such as your name, address, age etc is the information needed to identify your work as your own and will serve as a point of reference later on. Anyone who reads your Autobiography will also know who the writer is.

Chronology Sheets

These sheets allow you to detail, in date order, the schools you attended, the jobs you have had, homes you've lived in, etc. and any other details you may wish to include. Remembering exact dates can be difficult so the year is sufficient.

Family Tree

Why not complete a Family Tree as part of your project? It doesn't have to be extensive. A simple Family Tree which goes back as far as Great Grandparents is sufficient and adds a nice touch to your Autobiography.

Epilogue

Once you have completed writing your Autobiography take some time to reflect on the completed project. Write down your thoughts and feelings about the experience in an Epilogue.

Memorabilia

An Autobiography would hardly be complete without some added memorabilia – here is a partial list for you to consider (a further list can be found in Chapter 6 'Life Stage Memory Joggers').

- Pictures
- Heirlooms
- Medals
- Mementos
- Letters
- Lock of Hair, etc.

The Process of Writing

As you prepare to write the stories of your life and open up the floodgates of memories you have locked away, you will be eager to do the best job of capturing everything just right. Here are a few guidelines and helpful hints to get you started.

- Be yourself, you'll write more naturally.
- Use descriptive words.
- Take it one step at a time.
- Sit in a comfortable place – relax.
- Take some time to think about your past and the questions – there is no hurry.
- Don't spend too much time thinking about style and grammar, just write naturally – you're not trying to win any prizes – don't let the art of writing put you off telling your story.
- If you are handwriting, make sure your writing is legible; you do want people to be able to read it.
- Use first and last names.
- Give dates and places if you know them but don't get stuck doing research. Writing it down without a firm date is more important. You can always go back later.
- Think about the Who, What, Where, When, How and Why of each memory.
- Use your senses to help describe your stories: sight, smell, hearing, touch and taste.
- Just get started!

Life Stage Memory Joggers

The best way of remembering the past is to try and find things you have kept from that time e.g. photos. They may spark just one memory or a whole chain of them. Before you start to write about each stage in your life, try to find items you may have kept from each. Ask family and friends if they have saved anything of yours from that time. Items such as; photo's, certificates, medals, awards, diary/journal, letters, etc. are good as memory joggers.

Birth

Your memories for this stage in your life will be based on what you have heard from others. Hopefully members of your family have memories from this time and perhaps have kept certain things:

- Birth Certificate
- Ultrasound Pictures
- Health Records
- Baby Book
- Birth Announcement Cards
- Umbilical Cord Clamp
- Hospital Tags
- Photographs



Childhood

For most of us the first memories we have of life are in this Life Stage. Childhood is such a special time; a time of discovery and innocence. Memories from this time are sometimes hard to recall as they happened some time ago but they are nearly always very descriptive as we remember them from the simple perspective of a child.

Things to look out that are specific to childhood include:

- | | |
|------------------------|-----------------------------|
| Toys/Dolls | Drawings & Paintings |
| School Report Cards | School Uniform (tie, badge) |
| Things you made | Photographs |
| Certificates | Medals & Awards |
| Diary/Journal | Letters |
| Vacation Souvenirs | Postcards |
| Music (tapes, records) | Books you read |
| Clothing you wore | Movies from that time |
| Medical Records | Scrapbooks |



Teenage Years

Our Teenage Years are a time when we experience a roller coaster of emotions. It can be a difficult time for some but it's also a time of discovery and awareness.

Things that may jog your memory of these years include:

- Toys & Games
- School Report Cards
- Photographs
- Certificates
- Diary/Journal
- Vacation Souvenirs
- Music (tapes, records)
- Purchase Receipts
- Movies from that time
- Books you read
- Clothing you wore
- Tickets (theater, cinema, etc)
- Bank Statement
- Postcards
- Paychecks
- Letters
- Drawings, Paintings & Artwork



- Medals & Awards
- School Uniform (tie, badge)
- Items you made
- Stickers

Early Adulthood

This is a time in our lives when we are still young, yet we are adults as well. For most of us this means taking on responsibility in some shape or form and the obligations that go with that. We come to understand that we are now responsible for ourselves.

Items that may be specific to these years include:

- Photographs
- Certificates
- Diary/Journal
- Vacation Souvenirs
- Paychecks
- Music (tapes, records)
- Purchase Receipts
- Resume
- Clothing you wore
- Movies you saw
- Medical Records
- Tax Return
- Car Registration Documents
- Medals & Awards
- Letters
- Postcards
- Bank Statement
- Tickets (theater, cinema, etc)
- Bills/Statements
- Passport/ID
- Books you read
- Scrapbooks
- Dental Records

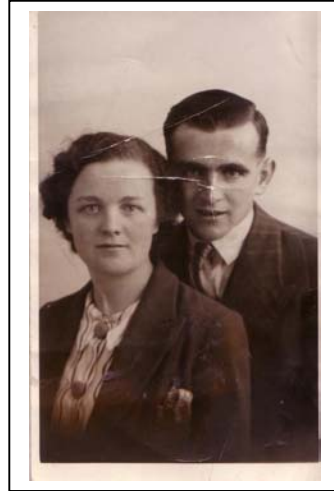


Prime Adulthood

By the time you get to Prime Adulthood you have normally established certain ideas about how your life should be led; the career direction you want to take, the partner you love, children, etc. Serious decisions are normally being made during these years.

Things that may jog your memory of these years include:

- | | |
|------------------------|--------------------------------|
| Photographs | Car Registration Documents |
| Certificates | Medals & Awards |
| Diary/Journal | Letters |
| Vacation Souvenirs | Postcards |
| Paychecks | Bank Statement |
| Music (tapes, records) | Tickets (theater, cinema, etc) |
| Purchase Receipts | Bills/Statements |
| Resume | Passport/ID |
| Deeds | Leases |
| Scrapbooks | Clothing you wore |
| Books you read | Movies you saw |
| Tax Return | Medical Records |
| Dental Records | Voter Registration Documents |
| Insurance Papers | |

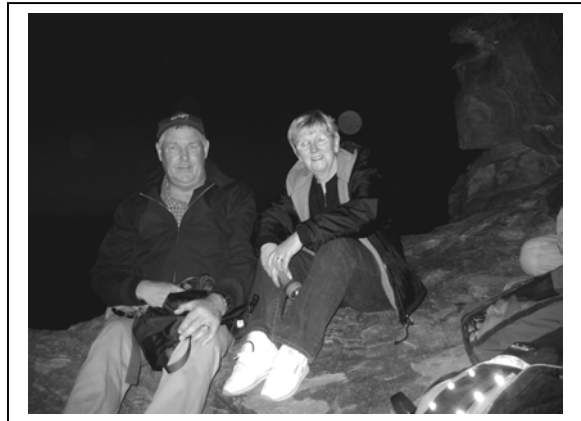


Middle Adult Years

For the majority of us our Middle Years bring many changes in the life we have carved out for ourselves; our children grow up and leave us, our parents grow old and pass away, we advance through our chosen careers, we notice the aging process, etc. Many of us take time to stop and assess the future at this point.

Items that may be specific to these years include:

- | | |
|------------------------|----------------------------|
| Photographs | Car Registration Documents |
| Certificates | Medals & Awards |
| Diary/Journal | Letters |
| Vacation Souvenirs | Postcards |
| Paychecks | Bank Statement |
| Music (tapes, records) | Tickets (theater, etc) |
| Purchase Receipts | Bills/Statements |
| Resume | Passport/ID |
| Scrapbooks | Obituaries |
| Leases | Deeds |
| Clothes you wore | Movies you saw |
| Medical Records | Dental Records |
| Death Certificates | Insurance Papers |
| Pension Documents | Tax Returns |
| Books you read | Voter Registration Cards |



Older Adult Years

Our Older Years are a time of wisdom and reflection on the past. We have a great knowledge of life at this stage and a wealth of experience to share.

Items that may be specific to these years include:

Photographs	Car Registration Documents
Certificates	Medals & Awards
Diary/Journal	Letters
Vacation Souvenirs	Postcards
Paychecks	Bank Statement
Music (tapes, records)	Tickets (theater, cinema, etc)
Purchase Receipts	Bills/Statements
Resume	Passport/ID
Pension Documents	Clothing you wore
Books you read	Movies you saw
Scrapbooks	Tax Returns
Deeds	Leases
Death Certificates	Obituaries
Insurance Papers	Voter Registration Cards
Medical Records	Dental Records



Further Education

Going to college/university is a time for some brand new experiences. For some it means leaving home for the first time, getting used to a new town/city and meeting new people. Most of us feel a little lost and insecure to begin with but emerge having accomplished a great deal both personally and professionally.

Items that may be specific to your time at college/university include:

- Graduation Certificate/Diploma
- Thesis/Dissertation
- Graduation Photos
- Photos of fellow students and friends
- Lecture Notes
- Textbooks
- Special Awards
- Music (records, tapes)
- Graduation Books and Videos
- Clothing you wore



Military

If you were in the Military you probably learned a great deal very quickly; responsibility, respect, discipline and teamwork. You had to rise to whatever challenges you were given with no choice; this probably increased your confidence and made you a stronger person. Whether you're experiences in the Military were good or bad there is no doubt they made a lasting impression on you.

Things that may jog your memory of your time in the Military include:

Military Tags
Military Orders
Discharge Papers
Photographs
Rank Insignia
Trophies & Souvenirs
Enlistment Papers
Military Records
Letters from Family & Friends
Medals/Awards/Ribbons



Marriage

The road that led to true love and marriage is one you will never forget. Even if you married more than once you will have vivid memories about your partnerships.

Items that may be specific to Marriage include;

Wedding Favors	Invitation & Acceptance cards
Gift Tags	Engagement/Wedding Gifts
Garter	Engagement/Wedding Cards
Marriage Certificate	Wedding Dress/Suit
Wedding Book	Wedding Photo Album
Divorce Papers	Honeymoon Postcards & Souvenirs



Children

Having children for most people puts a whole new perspective on things. Suddenly you stop thinking about yourself and transfer all your energy over to your child; a mini extension of you. Parenthood is a cauldron of emotions and most likely you will experience them all.

Items that may be specific to Children include:

Birth Certificates	Hospital Tags
Announcement Cards	Newspaper clippings
Gift Tags	Congratulation Cards
Christening Favors	Lock of Hair
Hand/foot Prints	Baby Books
Birthday Cards	School Report Cards
Drawings & Paintings	Things they made
Clothes and Toys	Photographs
Video Footage	First Tooth
Voice Recordings	Umbilical Cord Clamp
Gifts they gave you	



Grandchildren

Grandchildren bring a fresh joy into your life. Not only can you enjoy a renewed purpose but also the youthful enthusiasm of your Grandchildren. As a Grandparent you are in a unique position to offer love, advice and a listening ear while maintaining the objectivity that is difficult for parents to achieve. Being a Grandparent is also a chance to see your child as a parent and be proud of their accomplishments.

Items that may be specific to Grandchildren include:

Drawings
Paintings
Photographs
Lock of Hair
Voice Recordings
Things they made
Video Footage
Gifts they gave you



Great Grandchildren

Another chance to enjoy parenting but at a different level. It's also a chance to see several generations in your family and enjoy watching them together. Great Grandchildren are the blessings of a full life.

Items that may be specific to Great Grandchildren include:

Drawings
Paintings
Photographs
Lock of Hair
Things they made
Video Footage
Gifts they gave you
Voice Recordings



This is your Autobiography. You don't need to adhere strictly to the evidence we have suggested. Include anything from your life that you feel would be helpful in understanding who you are and what has happened in your life.

Now what do you do with it?

Now that you have completed your Autobiography what do you do with it? This is an important question to keep in mind prior to beginning the process. Here is a partial list of ideas:

- Publish for resale
- Distribute to family and/or friends
- Have a handwritten version typed up and distributed
- Don't finish – keep in a safe place and continue adding for as long as you can and use a will to identify your final intentions

If you use a fill-in-the-blanks book, your best option is to make copies if you intend to distribute it. If you don't you can simply hold onto it or give it to a chosen family member or friend.

If you have used a binder system, you can do as above, but can much easier have copies made since the pages are removable. If you have typed some or all of your Autobiography, you can print copies for distribution. Pictures and letters are great items to include when copying and distributing your Autobiography. Of course, you may not be able to copy the memorabilia that accompanies your Autobiography, so you still have to think about what you intend to do with your original work and other items such as medals or bulky heirlooms.

With each of the above systems, you might consider publishing your Autobiography. Some people who write their autobiographies are interested in wider publication for eventual sale through book sellers. There are a wide variety of options when considering publishing your Autobiography. The best suggestion if this is your preferred method is to use some of the available sources: The Association of Personal Historians, Vanity Press firms and other book publishing firms which specialize in this type of publishing. I would suggest finishing your Autobiography prior to making your final decision to publish since you may change your mind, although it is wise to research publication in advance if you do decide to move forward.

Audio/Video Personal Histories are somewhat more difficult to distribute, but it is fairly simple to find an audio or video duplication firm in most areas which will be willing and able to accommodate your duplication needs for a fee.

Regardless of what you do with it, remember two things: first, ensure you have at least one copy in a place which is safe from fire, flood or other damage – you don't want such an important work to be lost. Second, ensure you have a plan for passing on your Autobiography. Even if you decide not to distribute right away, you are going to put lots of work into this project and like a legal will, should have a plan for passing on your stories to your heirs.

Epilogue

We would love for you to purchase our own product, but our overriding passion is that you find your preferred way of completing your Autobiography and then simply get started, for yourself and for your loved ones.

Our company was founded to give the largest possible number of people the system and organization needed to not only begin, but to complete their Autobiographies; we hope that the information provided within this e-book will help you to find a system which best fits your desired approach.

Giving the gift of your Autobiography will be the most precious gift you can give to your family. Along the way you will learn much about yourself, and will relive many of your fondest memories.

On behalf of Treasure Chest Products, I want to wish you luck in your personal voyage of discovery.



Maureen Stewart,
Treasure Chest Products

Appendix A - Further Reading & Information

Books

Legacy; a step-by-step guide to writing Personal History, Linda Spence

You can write a Memoir, Susan Carol Hauser

Writing your Life Story, Michael Oke

Writing your Life, Patti Miller

How to write your Personal & Family History, Keith E. Banks

How to write your own Life Story, Lois Daniel

Writing Biographies and getting published, Ina Taylor

How to write the Story of your Life, Frank P. Thomas

Magazines

Personal Journaling, Writers Digest

Writer, Kalmbach Publishing Co.

Writers Digest, Writers Digest

Websites

Informational – The Association of Personal Historians

<http://www.personalhistorians.org>

Discussion Groups – How to write an Autobiography

http://groups.google.com/group/How_to_write_an_Autobiography

Fill-in-the-blanks Binder Systems

<http://www.treasurechestproducts.com>

Appendix B – Products available from Treasure Chest Products

The Personal History Book - \$61.99

The Personal History Book is an heirloom quality, flexible Life Story Writing system which allows you to quickly and easily write your Autobiography, Memoirs or Life Story or the Biography of a loved one. It does this using hundreds of questions within 13 pre-defined life stages as well as additional tools such as Timelines, Chronologies, and a Family Tree which help to ensure you end up with a thorough and complete Life Story worthy of preservation.

The Personal History Book CD - \$29.95

The Personal history Book CD is a form-fillable software version of the hugely popular The Personal History Book. The CD has all the benefits and features associated with The Personal History Book itself, as well as some extras. Once you have downloaded the files from the CD onto your computer hard drive, the file will act like an online autobiography template.

The Personal History Book – Questions (PDF) - \$9.99

This e-book contains all the questions that are part of The Personal History Book as well as helpful guidance on how to structure your Memoir writing or Biography writing project. From developing an appropriate structure that is right for you to writing those Life Stories that are so important, and finally completing and compiling the final project itself, The Personal History Book – Questions is an invaluable resource for those who want to know how to write a Biography or Autobiography.

The Tribute Book - \$41.99

The Tribute Book is a unique gift which is extremely special and meaningful to the recipient. Using a flexible three ring system the book allows the coordinator/giver to collect stories, messages and photos about the recipient from family, friends and loved ones. Once the stories and messages are collected this unique gift is presented to the recipient on their special occasion. The book is perfect as a Birthday Gift, Wedding Gift, Anniversary Gift, Corporate Gift and Holiday Gift.

The Tribute Book CD - \$9.99

The Tribute Book CD is a form-fillable software version of the hugely popular The Tribute Book. The CD has all the benefits and features associated with The Tribute Book itself, as well as some extras. Once you have downloaded the files from the CD onto your computer hard drive, the file will act like a template allowing you to type your entries directly onto the pages from your PC and then save at your convenience. The finished project can then be printed on your choice of paper.

Through the eyes of your Car... – FREE! Download and Personal History Book Excerpt

This download will show you How to write a Short Autobiography in relation to the vehicles you have owned and is a fun and easy way to capture the stories of your life. Each page provides a template for writing your Life Story with thought provoking questions and plenty of space for your answer. This is a great way to kick start the Autobiography writing process.