



**MILLS & BURCH**

— P U B L I S H I N G —

— *From first idea to finished book.* —

FORMERLY KNOWN AS | STORY SEED PUBLISHERS

## **Memoir & Life Story Workbook**

*A gentle guide to gather memories, people, places and turning points for your life story.*

You do not need to write perfectly. Bullet points, rough notes, photos, voice notes and unfinished memories are all useful. Leave anything blank if it feels too difficult, too private, or not relevant yet.

### **How to use this workbook**

- Answer what you can. You do not need to complete every question.
- Write in bullet points if that feels easier.
- Use extra pages, voice notes or photos if memories come out in a jumble.
- Real names can be changed later if you want privacy.
- The aim is not perfection. The aim is to gather the heart of your story.

## Quick Start

**In one sentence, what is your story really about?**

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**What do you most want readers to understand about you?**

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## Section 1 - About You

Full name	
Preferred name	
Pen name, if wanted	
Email address	
Phone number	
Best way to contact you	

**What made you decide to tell your story now?**

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**What does this book mean to you personally?**

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**Are there any names, places or details you already know you want changed for privacy?**

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## Section 2 - The Shape of Your Story

**If somebody asked what your life story is about, how would you describe it in one paragraph?**

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**What are the main themes of your life story?**

*For example: survival, family, grief, love, humour, illness, trauma, recovery, adventure, independence, parenting, or finding yourself.*

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**Where would you like the book to begin?**

*Childhood, a dramatic moment, a turning point, or the present day looking back.*

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**Where do you feel the story should end?**

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## Section 3 - Life Timeline

*This does not need exact dates. Approximate ages, places and key events are enough. We can organise the timeline later.*

<b>Birthplace</b>	
<b>Childhood area</b>	
<b>Schools or colleges</b>	
<b>Main homes lived in</b>	
<b>Key jobs</b>	
<b>Important relationships</b>	
<b>Children or family milestones</b>	
<b>Major health events</b>	
<b>Major losses</b>	
<b>Major turning points</b>	

**List any events you already know must be included in the book.**

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## Section 4 - Childhood

**What was your childhood home like?**

*Think about rooms, noise, smells, routines, people and atmosphere.*

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**Who were the most important people around you as a child?**

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**What are your happiest childhood memories?**

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**What are your hardest childhood memories?**

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**What were you like at school?**

*Quiet, confident, anxious, creative, different, cheeky, invisible, popular, misunderstood?*

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## Section 5 - Teenage Years

**What were you like as a teenager?**

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**What mattered most to you then?**

*Friends, music, fashion, family, freedom, school, work, escaping, fitting in?*

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**Were there any friendships, first loves, heartbreaks, arguments or losses that stayed with you?**

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**Did anything happen during these years that changed the direction of your life?**

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## Section 6 - Adult Life

**Tell us about your first steps into adult life.**

*Work, leaving home, independence, relationships, money, responsibility, or feeling lost.*

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**Which jobs, roles or responsibilities shaped you most?**

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**Tell us about important relationships, marriage, separation, friendship, betrayal, love, or family changes.**

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**If you became a parent or carer, how did that change you?**

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**What achievements, survival moments or proud memories should not be forgotten?**

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## Section 7 - Important People

Use one box per person. These can be family members, friends, partners, children, teachers, helpers, people who hurt you, or people who saved you.

### Person 1

<b>Name or nickname</b>	
<b>Relationship to you</b>	
<b>How you would describe them</b>	
<b>Best memory</b>	
<b>Hardest memory</b>	
<b>How they changed your life</b>	

### Person 2

<b>Name or nickname</b>	
<b>Relationship to you</b>	
<b>How you would describe them</b>	
<b>Best memory</b>	
<b>Hardest memory</b>	
<b>How they changed your life</b>	

### Person 3

<b>Name or nickname</b>	
<b>Relationship to you</b>	
<b>How you would describe them</b>	
<b>Best memory</b>	
<b>Hardest memory</b>	
<b>How they changed your life</b>	

## Section 8 - Turning Points

**List the moments that changed everything.**

*These may be good, painful, frightening, funny, shocking or healing.*

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**Was there a moment when you realised you could not go back to who you were before?**

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**Was there a moment when you felt stronger than you expected?**

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## Section 9 - Memory Triggers

*Tiny details make a memoir feel alive. A smell, song, coat, kitchen table or weather detail can unlock a whole scene.*

<b>Songs or music</b>	
<b>Smells</b>	
<b>Foods or drinks</b>	
<b>Clothes or hairstyles</b>	
<b>TV, films or books</b>	
<b>Cars or transport</b>	
<b>Weather or seasons</b>	
<b>Family sayings</b>	
<b>Special places</b>	
<b>Objects you remember</b>	

### **Choose one memory and describe it like a scene.**

*Where were you? Who was there? What could you see, hear, smell or feel?*

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## Section 10 - Difficult or Sensitive Material

*You stay in control. You can mark anything as private, unsure, or not ready yet. This page simply helps us understand boundaries.*

**Are there parts of your story you are nervous about including?**

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**Are there people, names, places or events that need careful handling?**

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**Are there any topics you do not want included at all?**

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## Section 11 - Photos and Extra Material

**Tick or note anything you may have:**

- Photos
- Letters
- Diaries or journals
- Text messages
- Social media posts
- Poems
- Medical or legal documents
- Newspaper cuttings
- Voice notes
- Old school or work documents

**List anything you may want to share as reference material.**

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## Section 12 - Your Book Vision

**How would you like the finished book to feel?**

*Hopeful, raw, emotional, funny, gentle, dark, inspiring, honest, healing, or something else?*

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**Do you prefer simple language, emotional writing, humour, short chapters, deeper detail, or a mix?**

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**What title ideas do you already have, if any?**

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**What do you hope happens after this book is written?**

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## **Final Notes**

**Anything else you want us to know before we begin?**

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**Thank you for trusting Mills & Burch Publishers with your memories.  
From first idea to finished book.**