

## Why Should YOU Write Your Life Story

*This is expanded version of my talk posted on YouTube.com. Go to tiny URL to review it; please post your comments (you have to sign-up with YouTube to post comments): <http://tinyurl.com/yourlifestory>*

I left home as a young man and have lived in many parts of the world always away from my parents. When I father passed away, I suddenly felt a vacuum in my life, and I realized how little I knew about my father. I missed him and regretted that we never had those moments to get to know him well. He was a businessman, was involved in politics and community; he was rich and also suffered poverty. I wanted to know more about his life stories and historical moments! I wish he had left a legacy of his memoirs.

Now I feel that every one should write their life story and leave the legacy for their family and friends.

Have you thought about writing your life story (also called memoirs or biography)?

Writing memoir is a way to figure out who YOU used to be and how YOU got to be who you are today.

Writing about yourself falls into various formats:

- Memoirs
- Journaling
- Autobiography
- Diary
- Portfolio/webfolio /Blog

A biography is solely about an individual's life, while a memoir is about something the author experienced, such as a historical event, a personal achievement, a transformation, etc. If someone writes about the life of another person it is called biography but if someone writes about their own life it is called autobiography.

A diary is about keeping a record of activities and/or events. Recording one's personal experiences, events and emotions is called journaling.

Different formats of writing serves different purposes:

In journaling you are able to de-stress or heal yourself while you are writing about your emotions. It is a journey of self-discovery, personal and spiritual growth for you and hopefully for others. (The reflections in *"A Year in Serendipity"* by Di Wright is a good example of Journaling, Review it at: <http://tinyurl.com/diwright>

Memoirs and autobiographies on the other hand are mostly written for Posterity and it too can be a spiritual exercise like journaling.

The purpose of this article is to inspire you to write about yourself in whatever format you chose. If you are tech savvy you might go for a webfolio, as I did for myself, check it out at: [www.maxharoon.com](http://www.maxharoon.com) . If your priority is to pay attention to your emotions or understand your stress you may consider starting with Journaling. Keeping a diary is a good practice to keep records. The *"Diary of Anne Frank"* is something that is a model to follow here.

We will not talk about techniques of writing here.

These can be learned from other resources such as reading a book, such as *"The Biography Workbook"* by Professional Ghostwriter, Lesley Ann Marcovich <http://tinyurl.com/biographyworkbook> or

*Attending such a workshop.* Review one such workshop held on Nov. 4, 2009 at:

<http://inspirationalbookclub.org/events>

You may think writing memoirs is for the rich and famous. That's not true. Every person, no matter who they are or what they have achieved, has an interesting story to tell. As you start collecting and writing your own stories, you will elevate yourself to a higher ground of wisdom and perspective and begin to see how fascinating and significant your life really is. *You write because you matter!*

Another common thought is: "My life is so private. I'm embarrassed to expose it to the public". As you write you will gain the insight to know what to share and what you wish to remain 'off the record". Keep trusting yourself as you write.

Some might also say, "I do not have much to write about." Once you start exploring the interesting times you lived through and you begin your journey of self-discovery through those times you will bring to light so much about yourself and others who played a role in your life, that your biggest challenge will be what not to include in your memoirs.

Another compelling reason to write your autobiography is to relive your memories. Begin by gathering and examining your:

- o old diaries
- o address books
- o awards
- o certificates
- o photos
- o videos
- o paper clippings
- o books
- o Research historical events
- o listen to golden oldies
- o sniff scents from the past
- o draw pictures of your house and neighbourhood
- o Interviews of people who may help you to rekindle those precious memories

If you have witnessed or participated in an historical event, you have no doubt seen lives transformed or you have possibly witnessed justice or injustice. Wouldn't you like your children, significant other, friends or family to know about this?

By writing your story, you will create a priceless heirloom.

The Inspirational Book Club [www.Inspirationalbookclub.org](http://www.Inspirationalbookclub.org) has requested *Lesley Ann Marcovich*, professional ghostwriter and author of *The Biography Workbook* to conduct an evening workshop on November 4, 2009. I hope you will join us to learn a simple, effective way to write your life story. Details are at: <http://tinyurl.com/writebiography>

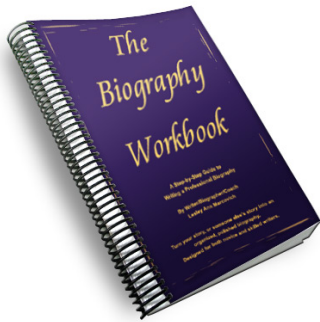
To you and your inspiration

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<http://inspirationalbookclub.org/>

This and other articles are available at my webfolio, following the link to my publications at:  
<http://www.maxharoon.org/>

## Additional Information

### Book Referred in this Article



*The Biography Workbook* by Professional Ghostwriter, Lesley Ann Marcovich, cost \$40.

A step-by-step, fill-in-the-gaps, guide to writing your life story, or someone else's life story. Lesley Ann acts as your own personal ghostwriter as she guides you through your entire life story, word by word, one sentence at a time.

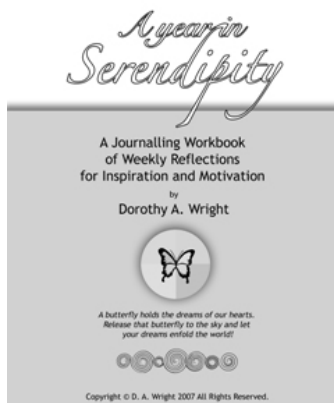
- Over 1000 prompts to systematically work through your life events
- Over 3000 cues to trigger memories and expand thoughts
- Jam-packed with coaching to help you to tell your story with imagination, clarity and style

Write about your Ancestry, Childhood, Schooling, Conflict, Teenage Years, Relatives, Cars, Loves, Losses, Careers, Travel, Present Life, Future Dreams - and much more!

Visit: <http://www.thebiographyworkbook.com/>

Lesley Ann has ghostwritten many autobiographies: farm life in Nova Scotia, surviving the trenches in WWII, growing up in Scotland in the thirties, living with medical challenges, experiencing the harsh realities of racism, African tales, Middle Eastern Immigrants to the West, following a personal career goal, life of a celebrity, and so on... She now shares her investigative techniques with you in "*The Biography Workbook*", to help you become the proud author of your own life story.

### Example of Journalling



The reflections in "*A Year in Serendipity*" by Di Wright -for some - may become affirmations to help in heightening your intuition, self-knowledge, and awareness. For others, they can be used to develop their visualization abilities. For still others, this book may support them in dealing with life crises, such as a job loss, the loss of a loved one, or a chronic or serious illness, and foster the beginning process of inner healing. For each person who reads them, these reflections will mean something different and will be applied in a different way, simply because the pathway to Serendipity is unique for everyone.

These reflections can be relevant for both mindful and guided meditations-- some with a specific focus, possibly to make a change, to generate ideas, and so forth. Read more at <http://tinyurl.com/serendipityjournal>

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## Inspirational Book Club (IBC)



Inspirational Book Club (IBC) is a meeting place of inspiring minds with a common interest in receiving inspiration from books that have transformed famous and ordinary people's lives. Our goal is to cultivate the life-changing habit of reading books to inspire us.

You can join this group if you wish to learn, teach, sponsor or simply to attend our meetings at:

<http://www.meetup.com/inspirationalbookclub/>

Details are at: <http://inspirationalbookclub.org/>

## Friends of Heart: Empowering life by sharing knowledge and wisdom



Friends of Heart is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. We will focus on the body/mind/ spirit entity and raising awareness. We will arrange lectures, book and documentary reviews dealing with self-development, philosophy and New Thought.

To review the report and photos of past events go to:

<http://www.friendsofheart.org/events>

You can join this group if you wish to learn, teach, sponsor or simply to attend our meetings at:

<http://www.meetup.com/friendsofhear>

## About Author



Max Haroon, AIP is the founding president of the Society of Internet Professionals. As a social entrepreneur he has founded three social groups - Life Entrepreneurs Institute [www.LifeEntrepreneursInstitute.org](http://www.LifeEntrepreneursInstitute.org), Friends of Heart [www.FriendsofHeart.org](http://www.FriendsofHeart.org) and The Inspirational Book Club [www.Inspirationalbookclub.org](http://www.Inspirationalbookclub.org). He is also founder of an association the Society of Internet Professionals (SIP) [www.sipgroup.org](http://www.sipgroup.org). He has organized hundreds of events including educational workshops and conferences since 1985.

He has been involved in the Information Technology (IT) industry in various sectors, including the Internet and IT Training for over 35 years. He evangelizes leveraging the Internet and is a notable speaker at conferences and symposiums. He can be contacted by email at: [founder@maxharoon.org](mailto:founder@maxharoon.org) or by phone at 416-891-4937.

Peruse Webfolio of Max Haroon at <http://www.maxharoon.org/>