

# 5 Memory Prompts

TO HELP YOU START  
*Writing Your Story*

*A simple, gentle way to begin writing  
the memories that matter*

*Ferdie In Spain*

STORIES, MEMORIES & EXPERIMENTS AFTER 70

# 5 Memory Prompts to Help You Start Writing Your Story

*A simple, gentle way to begin writing the memories that matter*

Ferdie In Spain

Stories, memories and experiments after 70

## **You're in the right place.**

If you've been meaning to write your memories, this is where it begins.

I've put these together to help people like you start simply, without being overwhelmed.

Let me say this right away, **you don't need to write your whole life story at once.**

Sometimes all it takes is one good question. One memory and you're on your way.

These 5 prompts are here to help you begin simply, gently, and without the thought of it overwhelming you.

Write as little or as much as you like.

There are no right answers.

Just start where your mind takes you.



## Prompt #1. What did home feel like when you were young?



Think about the home you remember best.

What could you see, hear, smell, and feel there?

Who was usually around?

What small details have stayed with you?

Take your time. Let the memory come back naturally.

**(This is often where the first real memories begin)**

*Use this space for your notes.*

**Prompt #2. Who made a lasting difference in your life?**

It could be anyone - a parent, teacher, friend, neighbour ....

What did they say or do that stayed with you?

What kind of person were they?

Why do you still remember them now?



**(Sometimes one person shapes more than we realise)**

**Prompt #3. What ordinary moment do you remember more clearly than expected?**



Sometimes the strongest memories are not the “big” ones.

A meal, a walk, a routine, or a quiet conversation.

What happened?

Why do you think this moment stayed with you?

Did it change anything for you in later life?

Did it change anything later on – even in a small way?

**Prompt #4. What place brings back a strong memory?**

A street, a school, a beach, a workplace.

What comes back to you when you picture it?

Who were you then?

What did that place mean to you?



**(Places often hold memories we didn't realise we kept.)**

**And finally, for now, Prompt #5. What moment changed something for you?**

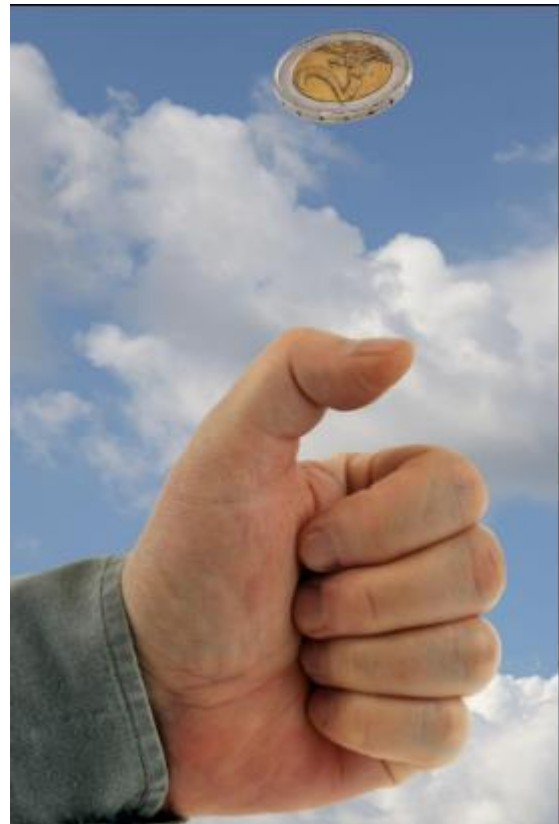
This does not have to be dramatic.

It could be a decision... a meeting... a move... or even something that seemed small at the time.

What changed?

How did life feel before .... And after?

(Many stories begin right here.)



**You've started.**

Even one memory written down is a step forward.

And that matters more than you might think.

Most people never get this far.

***Now imagine this...***

*Your memories...*

*your 5 chapters...*

*printed in a real book.*

*Something you can hold.*

*Something your family can read.*

*Something that lasts.*

**If these prompts helped you begin, the next step is simple.....**

Most people say at some point:  
"I really should write my life story."  
But the hardest part is knowing where to begin.  
This simple workbook is designed to unlock the memories you thought you had forgotten.  
Using 50 carefully chosen prompts, you will be gently guided through the different stages of your life – from childhood to later years – helping you capture moments, stories and reflections that might otherwise fade with time.  
You don't need to be a writer.  
Each prompt simply encourages you to write one small memory at a time. Before long, those memories begin to connect and the beginnings of your life story start to take shape.  
Inside this workbook you will find:

- 50 memory prompts covering all stages of life
- space to write your own reflections and stories
- simple guidance to help you start writing with confidence
- encouragement to turn your memories into a lasting record

Your stories matter.  
Whether you write just a few pages or many, the memories you capture may become a precious gift for your family and future generations.

Ferdie Fenton  
Experiments After 77

A thoughtful gift for parents, grandparents, or anyone who has ever said:  
"I should write my story one day."

## **50 Memory Prompts to Write Your Life Story**

**A simple workbook with 50 prompts to help you remember, write and preserve your life stories**



Ferdie Fenton

**Includes 50  
Memory  
Prompts**

**The 50 Memory Prompts Workbook**

## The **50 Memory Prompts Workbook**

More ideas. More structure.

More ways to uncover the stories that matter.

👉 Start here:

<https://ferdieinspain.com> and select the Workbook for €8.99, or

👉 The 7-Day Starter Plan (€19.99)

A simple step-by-step guide  
to begin shaping your memoir in just one week.

👉 1-to-1 Personal Help (€295)

If you'd prefer support, I'll help you shape your story —  
at your pace, in your own words.

You can see exactly how it works before committing.

### **One last thought...**

If you don't write these memories down...  
they can quietly disappear.

But if you do...

they become something that lasts.