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Stories, memories and experiments after 70

Welcome to this Starter Plan and congratulations on your decision to get started with your 5 Chapters That Matter. I hope the videos have given you confidence and the assurance that writing needn't be difficult, and actually very rewarding.



Watch the videos first — then follow this plan.



So, first of all - you don't need to write your whole life story.

You just need to begin.

This simple 7-day plan will help you start — without pressure, and without being overwhelmed.

By the end, you will have something real... written in your own words.

Not perfect.
Not finished.

But started.

And that matters more than you think.

BEFORE YOU START

A few simple guidelines:

- There is no “right way”
- This is for you — no one else (yet)
- Keep it simple
- One memory is enough

Remember, no-one is judging you here. No-one can see this except anyone you choose to share it with, so don't worry at all at this stage about how it looks – just try to make it sound like your speaking voice.

I was born in Stockport, 5 miles south of Manchester, and although I was educated at Stockport Grammar School (when it wasn't fee-paying!), I naturally speak with a Northern accent, and I don't say “do not”, and I can't say “can not” – that's the way I speak, and the other way wouldn't (would not) sound like me. You'll find out if we have a conversation some time, which I hope we will.

Most important:

You are not writing a book.

You are capturing something that matters.

PAGE 3 — DAY 1

Choose One Memory

Think of:

- A person – someone you knew; someone you loved; your first best friend; a teacher; a work colleague; someone who shares your hobby
- A place – childhood home; school; office; local park; town centre; seaside; a place of worship; a sweetshop
- A moment – a comment; a whisper; an award; a gift

Something that stays with you.

👉 Don't overthink it.

👉 If it comes to mind — it matters.

Jot down a few words only:

- Who was there?
- Where were you?
- Rough age?



PAGE 4 — DAY 2

Say It (Don't Write It Yet)

Take your phone.

Press record.

Start with:

👉 *"I remember..."*

And just talk.

No structure.

No stopping.

No worrying.

👉 2–5 minutes is enough.



DAY 3



Write It Simply

Now take what you said...
and write it down.

Keep it:

- simple
- natural
- in your voice

👉 Don't improve it.

👉 Don't judge it.

Just get it onto the page.

PAGE 5 — DAY 4

Add a Little More

Now gently expand it.

Ask yourself:

- What could I see?
- What could I hear?
- How did I feel?

Add a few details.

👉 Not everything — just enough to bring it alive.

I remember being at our 3-bed semi in Heaton Moor, on Mondays, it was always washing day and the sheets would be on the line in the back garden, and I could see the houses behind ours, and the detached one belonging to Mrs Gough next door.....

DAY 5

Shape it into a Chapter

Give it a simple structure:

- Beginning — where you were
- Middle — what happened
- End — what it meant (or still means)

👉 Keep it short.

👉 Keep it real.



PAGE 6 — DAY 6

Read It Out Loud

This is powerful.

Read your story out loud.

You'll notice:

- what feels right
- what needs adjusting

Make small changes if you want.

👉 Or leave it exactly as it is.



DAY 7

You've Done It

You have written something.

Not an idea.

Not a plan.

Something real.

👉 And most people never get this far.

FINAL PAGE — WHAT NEXT?

You don't need to rush.

But you can do this again.

Another memory.

Another chapter.

Until one day...

you realise you've written your story.



I wrote this book to help retired people begin capturing their stories, and what a thrill it is to see it in print. Your story can be published if you wish, or you might prefer to keep it as a file on your computer just for selected people to see.

You're in charge of what happens next, and if you would like any help shaping your story further, you can find more at

<https://ferdieinspain.com>