AItoBiography

Life Story Memoir Toolkit — Free Sample

6 prompts from 2 chapters · not the full paid workbook

This free sample lets you try the writing style. The full Life Story Memoir Toolkit (CA$29 when checkout is enabled) includes 52 prompts across 10 chapters, printable templates, a progress tracker, gift letter, and interviewer script.

Purchase is not available on the website yet. When it is, you will buy the full PDF — this sample stays free.

Beginnings

1. Where and when were you born? What do you know about that day?

2. What is the earliest memory you can still picture clearly?

3. Describe your childhood home: rooms, sounds, and who lived there.

Family & roots

4. Describe a parent or caregiver in three specific scenes (not adjectives).

5. What family tradition do you hope someone remembers?

6. Was there a relative whose advice you still hear in your head?

Gift letter starter (excerpt)

Dear _____,

I want to hear your stories — the ordinary days as much as the big ones. This sample is a gentle start. Skip any question that does not feel right.

With love, _____

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