

MEMOIR INSPIRATION WORKSHEET

Take some time to identify these three 'game-changing' moments in your story.

The thing that changes everything

When this happens at the beginning of the story's events, nothing can stay the same for you as the main character. The main conflict is set up.

In your story, what was the thing that changed everything?

What conflict did you find yourself facing?

The lowest point

Everything has collapsed, even though for a while things looked like they might be okay. But now, you as the main character have hit bottom, and cannot go on. There seems to be no hope.

What were the circumstances of your lowest point? What had you lost?

How did you feel?

The final battle

This is where the opposition, the villains or the obstacles are disposed of. You have confronted your fears and you have survived.

How did your 'final battle' happen? What did you have to do to get through it?

How were you changed as a result of this challenge?

Need more inspiration? Check out our FREE Memoir Mini-course [here](#).

THE RED LOUNGE
FOR WRITERS