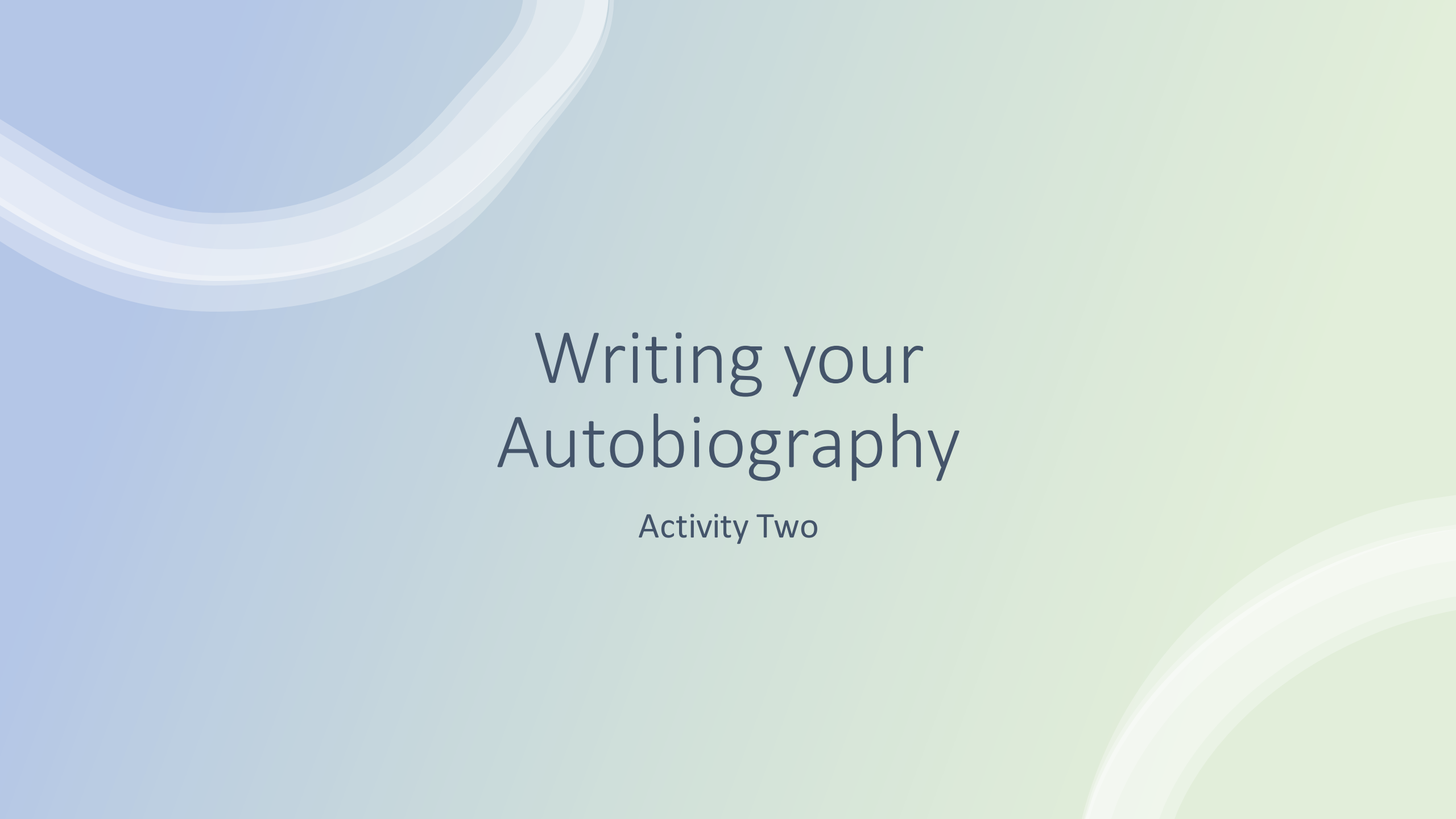


The background features a light blue gradient on the left and a light green gradient on the right, separated by a vertical line. Both sides are decorated with white, wavy, layered shapes that resemble stylized waves or clouds.

Writing your Autobiography

Activity Two

Instructions



Spend some time reflecting on your life. Think about your past, present and future.



Now, imagine that your life is like a book and has different chapters within it, each of these chapters represents a significant event in your life.



Think about what the title of these chapters might be. What would be written in each chapter. See if you can add a little content to each chapter.



What is the underlying theme to the book.



Is there a title for the book?

Development



Add further depth to the chapters, think about adding anything that seems relevant.



You may even want to add photographs and images to the book or highlight pieces of music or poetry that resonate with each chapter.



The purpose of this task is to facilitate learning, explore what feels right, what fits within your chapters.

Consider..



As you are filling in the chapters of your life, start to think about how it feels to write about yourself in this way.



Does it feel difficult, or easy?



Are there memories that are painful and sad,



Are there memories that you are avoiding?



It may be that there are memories that feel joyful, that you want to linger over.

Consider..

It may be that as you start filling in the chapters, there may be additional chapters that you want to add.

Further down the line you may want to return to this autobiography, to see how you might have 'rewritten' your personal history.

Return to the lesson



After you have spent time on this, return to the lesson.



This may be something that you wish to return to through the week. It probably won't get completed in one sitting.