



# *Writing by Tapping into Your Own Story...*

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**Story:**

Lines

Descriptions

Details

Moments

Plot lines

Voice

...that come from REAL LIFE EXPERIENCES  
add depth and believability.



# How can we tap into our experiences as content for writing?

- ↔ Create a Life Timeline then dig deeper by mapping, then focusing in and creating a new, deeper mind map w/ your focused topic at the center
- ↔ Make content lists with specific experiences & sensory details: jobs, struggles & joys, places lived, upbringing & relationship specifics, scariest moments, favorite/least favorite places
- ↔ Keep an image journal
- ↔ Practice a word association exercise to stir memories



**Use these memories in writing prompts:**

**Choose 3 or more details from your lists, mind mapping or image journal to include in your next scene (an object or description).**

**Or, use one strong memory that was stirred as a starting point (premise) for a new story or to flesh out an existing scene, character or conflict in your work-in-progress.**





*Your experiences are a gold mine for writing!  
Don't waste them.*