

WHAT SHOULD BE INCLUDED IN AN AUTOBIOGRAPHY

- A description of your personal origin story. This can include your hometown, your family history, your formative years, some key family members and loved ones, and touchstone moments in your education. Profile people and teachers who have influenced you.
- Significant experiences. Add accounts of each personal experience that shaped your worldview and your approach to life in the present day.
- Detailed recollections of episodes from your professional life - often these are the turning points that your autobiography will be known for the moments that would inspire someone to pick up your book in the first place. Be sure to give them extra care and attention.
- Personal stories of failure. Follow your setbacks with a good story of how you responded to that failure.
- Your philosophy on life. What wisdom would you like to leave to your family? What aspects of life are important to you? How do you define your character?
- Write about the people that have inspired you. Who were or are your role models? Why or how did they affect you.
- What are the events that have defined you? What significant events have helped shape your destiny, outlook on life, relationships etc.?
- What do you aspire to? Your romantic life, your faith, your aspirations, your dreams and your spiritual profile
- Profile your family. Describe those closest to you and their character. Their lives and your relationship with them. Their influence on you.
- Write about your friends, your pets, your workmates and your sporting and/or club companions.
- Discuss your passions - your favourite authors, movies, music and songs, art, theatre, food and drinks, games and activities, desires etc.
- Write about your belief systems, your politics and your relationships with the community
- Write about where you have lived. The country, the town, village, suburb and the homes you occupied etc. – what are the favourite memories
- Profile your travels. Where have you been? What were your experiences? Favourite places? People you met. Friends you made. Life-changing experiences.
- Talk about things that have triggered your emotions. Things that made you proud, sad, happy, excited, disappointed, angry, terrified, joyous, laugh, cry etc.
- Write about your significant achievements in life. Honours gained, inventions, awards, trophies, educational awards, workplace moments etc.
- Write about your career. Why you chose it, milestones and achievements, etc.