MEMOIRWELL / FREE WORKSHEET

One decade, a few moments

Choose any ten-year period, or use your own label. Four scenes are enough.

My decade or period _____

Use approximate dates or "date unknown". Leave a box empty or skip a topic whenever you wish.

Moment 1

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Moment 2

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Moment 3

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Moment 4

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Keep your own memory separate from a photo, document or someone else's account. Put the source and any disagreement beside the moment.

Free to print and share for personal, family and community story sessions.
No account needed. More examples and the online worksheet: memoirwell.com/tools/life-story-timeline