



# **Memoir Writing:**

## **Beginner Lessons to an Inspirational Book**

with Valeria Teles

## **WHY WRITE A MEMOIR?**

### **SUMMARY**

The Right And Wrong Reasons To Write A Book About Your Life Experiences

### **SOME OF THE RIGHT REASONS TO WRITE A MEMOIR:**

- Self-discovery
- To reveal a side of you no one knows
- To examine your choices in the past and their connection with your life today
- To remember the best shared moments
- To share a life-changing experience
- To reveal your emotional truths
- To heal from your childhood traumas
- To show appreciation to someone in your life
- To teach what you have learned

- To share your perspective about life
- Writing for your family and future generations
- You feel you have an important message to deliver
- To connect with people who share the same life experience or perspective.
- To feel good

#### SOME OF THE WRONG REASONS TO WRITE A MEMOIR:

- Revenge
- Wish for fame
- Wish for wealth
- Writing for others
- To show that you are smart and worth it

#### PRACTICE:

Figure out the most heartfelt and significant reasons to write stories about you and your life.

You might have different reasons from the list in this lesson.

Once you have discovered which reasons resonate with you the most, I advise you to take some time to think and reflect on them.

The stronger the reason you choose to begin to write your book, the more you'll feel motivated to finish it.

Much love,  
Valeria Teles