



How to Write an Autobiography

Every person has an interesting story to tell and writing your autobiography is a great way to share it with people.

Telling your story in a written autobiography is a popular method but it isn't the only way. Other options include an oral history audio book, a videography where you tell your story and it is recorded and presented on video, or you could preserve it through a combined oral history and life story book.

Start with a simple list and then expand upon it so that you build up short word pictures.

Places

What are the places I have lived in? As a child, a teenager, a young adult etc. What were these places like?

What was significant about the place? If it was a farm what was the land like? Was it a cropping farm or livestock?

What was the town, suburb, city like?

Did you change places and what did that feel like?

People

Who were the significant people in my life? As a child, a teenager, a young adult etc. What did these people mean to me?

What were they like? What did they look like, what sort of clothes did they wear, how did they behave?

What did I learn from them? What experiences did I share with them? How did they affect my life?

Events and Experiences

Jot down as many events and life experiences about your life as you can think of. Keep your note book handy so that when you think of something it is there for you. A few words will do the trick, this is your "memory trigger" they don't have to be complete sentences or even fully detailed.

- Maybe it is something about one of the places you lived in?
- Something you remember about a favourite uncle or aunt.
- Perhaps it's about when you saw something in the big city or the birth of a child.
- You may have travelled widely or undertook studies.

Happy writing and please consider sharing this story wider than your family, the Golden Grains Museum would love a copy.