**PERSONAL NARRATIVE BRAINSTORM**

1. *Moments of emotion*

In the table, brainstorm any moments from your life that fit into these emotions.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Success / Pride | Excitement | Loss | Sadness | Disappointment |
|  |  |  |  |  |
| Abandonment | Unfairness | Judgment | Anger | Other |
|  |  |  |  |  |

1. *Major Influences and Inspiration*

In the table, brainstorm any sources of inspiration from your life.

|  |  |  |
| --- | --- | --- |
| Person | How They Have Influenced You | Example of a Time They Influenced You |
|  |  |  |
|  |  |  |
|  |  |  |

1. *Realizations and Transitions*
* I have changed from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* When \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I realized that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*Continue on the next page*

1. *Brainstorm Freewrite*

Using one of the things you brainstormed above, or something else that comes to mind, write for ten minutes about an event in your life that seems important. Don’t worry about grammar or spelling or telling the story well -- just write about what seems like the most important moment(s) in your life so far.