

Message / epiphany / realization AHA moment you 'got' from this experience that you want to share with everyone

Ending Incident. *When your desire was achieved, changed, overcome, etc.*

Emotional Beat #3. *A strong feeling you associate with this memory, event, conversation, concept...*

Emotional Beat #2. *A strong feeling you associate with this memory, event, conversation, concept...*

Emotional Beat #1. *A strong feeling you associate with this memory, event, conversation, concept...*

Initiating Incident (Turning point or catalyst). *When things changed; your desire began.*

Desire Line:

Time period (e.g. summer of 2015, grade 3, camping trip, conversation with my father, etc.):

Memoir Planning Sheet / Outline