

# Minute Memoir Writing Activities: A Day in the Life

## *being present in the moment*

Through this series of 12 writings, we'll write our everyday experiences over the course of 1-2 weeks, practice important concepts about writing, and explore essential lifeskills and thinking strategies.

<b><u>Minute Memoir Prompt</u></b>	<b><u>Writing Concepts</u></b>	<b><u>Lifeskills Concepts</u></b>
Waking Up	<b>Audience:</b> An older, wiser, non-judgemental version of you <b>Sensory Detail</b> Show don't tell	<b>Identifying Emotions</b> Labeling feelings gives us power
Breakfast	<b>Summary/Sensory Detail/Reflection</b> Elements of Narrative	<b>Self-Compassion</b> Letting go of perfectionism (dialectics)
Midmorning	<b>Summary-</b> Using lists as a writing strategy Re-ordering summary/sensory details/reflection	<b>Mindfulness</b> Letting go of guilt by taking small steps in the right direction (dialectics)
Before Lunch	<b>Summary</b> Being concise and precise	<b>Mindfulness</b> "Seeing through the mists" (awareness) "Pay attention on purpose"
Lunch	<b>Sensory Details-Sound</b> Comparisons-metaphors & similes	<b>Mindfulness</b> Seeing the bigger picture
Afternoon	<b>Sensory Details-Sound</b> Dialogue	<b>Mindfulness</b> Objective observation
Late Afternoon	<b>Sensory Details-Sight</b> Lists and specific details	<b>Avoid Catastrophizing</b> Honor the emotion of the moment and reframe
Before Dinner	<b>Sensory Details-Smell/Taste</b> Observation-broad vision	<b>Wise Mind vs. Emotional Mind</b> Expanding awareness
Dinner	<b>Sensory Details-Touch</b> Using words with connotations	<b>Wise Mind vs. Emotional Mind</b> Integrating ways of knowing
Getting Ready for Bed	<b>Reflection</b> Revision	<b>Cognitive Restructuring</b> Re-vision (see what is so we can change) "Story Editing"
Bedtime	<b>Reflection</b> Reflection as learning	<b>Letting go</b>