

# **A Memoir Framework**

## **By Susana Porras**

**A 10-Day Guided Memoir Workbook**

Legacy Publications LLC

This memoir is written as a series of chapters that honor memory, truth, and growth. Each chapter invites reflection, scene-building, and emotional honesty. Write in your own voice. You may move chronologically or allow memory to guide you.

There is no right way to complete this workbook. Write what you can. Skip what you must. Return when you're ready.

## **How to Use This Workbook**

- Set aside 20–40 minutes each day.
- Begin with the chapter reflection, then move into freewriting.
- Do not edit while writing. Let the truth arrive before the polish.
- If emotions surface, pause as needed. This is deep work.

## Chapter One: Where I Began

## Day 1: Where It All Began

Before we had language, home taught us everything:  
what comfort sounded like, what love smelled like, what  
silence meant.

## Prompt:

Begin with place and atmosphere. Describe your earliest sense of home—its sounds, smells, routines, and unspoken rules. Introduce the emotional climate you were born into, not just the physical one.

## Guiding Questions:

- What did home teach me before I understood words?
- What felt safe? What felt fragile?

## Writing Space:







## Chapter Two: The People Who Raised Me

## Day 2: The People Who Raised Me

Focus on the people who shaped you—not just by who they were, but by what they did.

## Prompt:

Choose specific moments that reveal how these people showed up—or didn’t—and how that shaped you.

## Guiding Questions:

- Who gave me strength when I didn't know I needed it?
- Who challenged me, intentionally or not?
- What habits, sayings, or values did I inherit?
- How do I carry them with me today?

## Writing Space:







# Chapter Three: The Moment I Knew

## Day 3: The Moment I Knew

This is the moment awareness arrived.

## Prompt:

Write about the moment something shifted inside you—the realization you couldn't undo.

## Guiding Questions:

- What changed in me that day?
- What did I begin to understand about the world?
- What did I lose, and what did I gain?
- How did this moment alter the way I moved forward?

## Writing Space:







# Chapter Four: The First Breaking Point

## Day 4: The First Breaking Point

This is where the ground shifts.

## Prompt:

Write about the first moment life asked more of you than you were prepared to give.

## Guiding Questions:

- What did this moment take from me?
- What part of me broke—and what part hardened?
- What did it demand I become?
- How did it redraw the map of my life?

## Writing Space:







## Chapter Five: Learning to Survive

## Day 5: Learning to Survive

Survival is rarely loud. Most of the time, it looks like endurance.

## Prompt:

Write about how you adapted when there was no applause for getting through the day.

## Guiding Questions:

- What masks did I wear to stay safe?
- Who did I become when no one was watching?
- What strengths emerged quietly?
- What parts of me refused to break?

## Writing Space:







## Chapter Six: Love and Its Lessons (Love and Its Messes)

## Day 6: Love and Its Lessons

This chapter is about reclaiming yourself through love.

## Prompt:

Write about love as it truly showed up—healing, confusing, demanding, and imperfect.

## Guiding Questions:

- How did love shape my expectations?
- Where did I abandon myself?
- What did love teach me about my needs and limits?
- Who did love help me become—or refuse to be again?

## Writing Space:







## Chapter Seven: Finding My Voice

## Day 7: Finding My Voice

This is where silence ends.

### Prompt:

Write about the moment you stopped shrinking and allowed your truth to be spoken.

## Guiding Questions:

- When did I stop shrinking?
- What truths did I finally allow myself to say?
- What parts of me were waiting to be heard?
- How did my voice change my life?

## Writing Space:







## Chapter Eight: The Roads Not Taken

## Day 8: The Roads Not Taken

This is where reflection replaces regret.

## Prompt:

Explore the paths you didn't take with curiosity, not judgment.

## Guiding Questions:

- Who might I have been?
- What did choosing differently give me?
- Which doors closed—and which quietly opened?
- How did these choices shape my life?

## Writing Space:







## Chapter Nine: Becoming

## Day 9: Becoming

This chapter lives in the present tense.

### Prompt:

Describe who you are now—your values, routines, and inner life.

## Guiding Questions:

- What am I building?
- What am I protecting now?
- What values guide my daily life?
- How does this version of me honor my past?

## Writing Space:







## Chapter Ten: Legacy

## Day 10: Legacy

This is where the story looks forward.

### Prompt:

Write a letter to your future self or to those who may one day read your story.

## Guiding Questions:

- What do I want to be remembered for?
- What truths do I leave behind?
- What parts of my story do I offer others?
- How does my life continue to speak?

## Writing Space:







## Closing Reflection







Your story matters. Thank you for trusting it to the page.

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