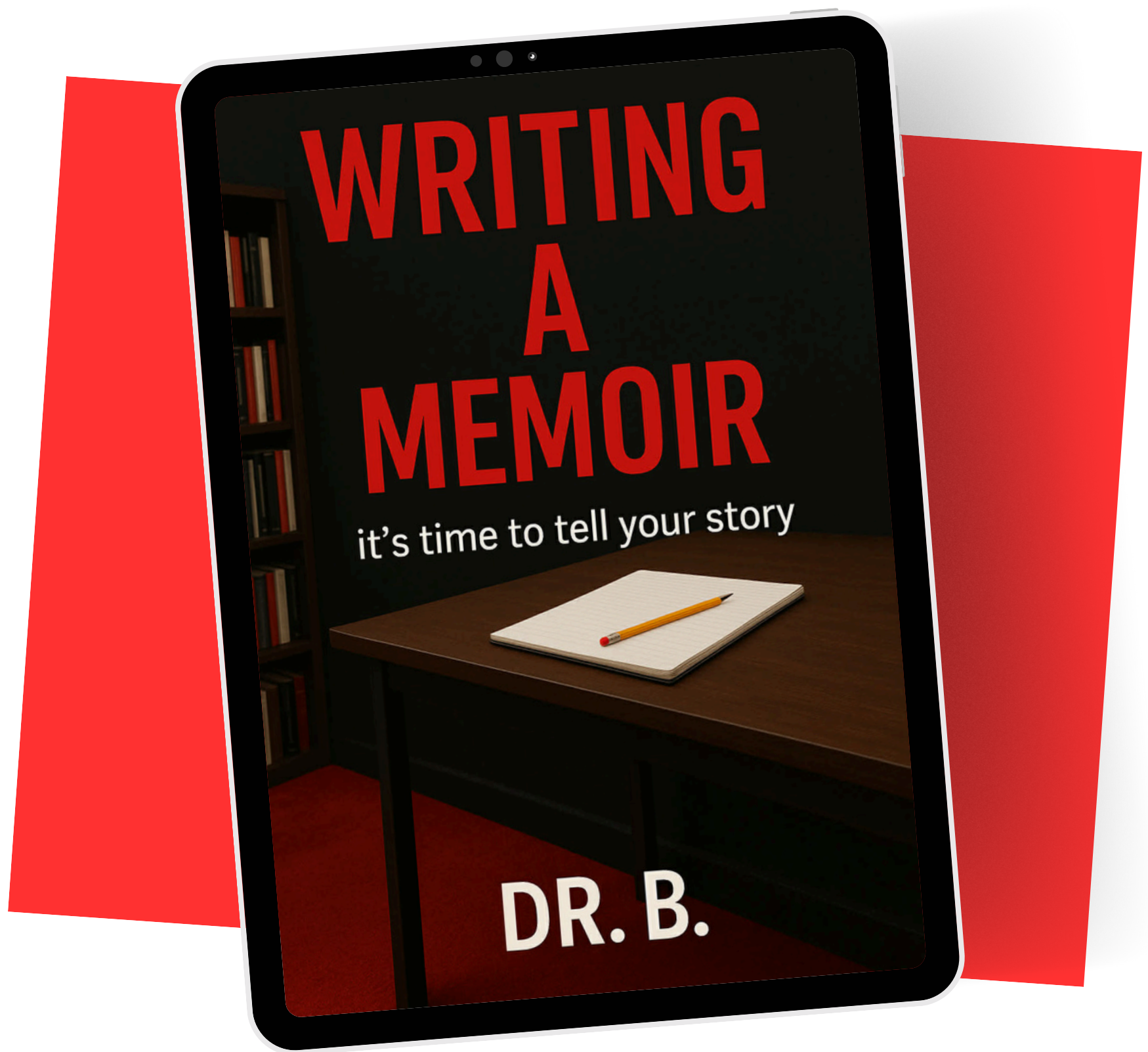


FREE GUIDE

IT'S TIME TO TELL YOUR STORY



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THE MEMOIR WRITER'S STARTER GUIDE

HOW TO TELL THE STORY YOU'VE SURVIVED, LIVED, AND OVERCOME

YES, YOU CAN WRITE YOUR STORY!

THERE COMES A MOMENT IN LIFE WHERE YOUR
STORY BEGINS TUGGING AT YOU FROM THE
INSIDE.

A MOMENT WHERE THE MEMORIES YOU'VE HELD,
THE LESSONS YOU'VE LIVED, AND THE PAIN
YOU'VE ENDURED REFUSE TO STAY SILENT.

THAT TUG YOU FEEL?
THAT HEAVINESS?

THAT PULL TO GO BACK AND SPEAK YOUR TRUTH?

THAT IS YOUR STORY ASKING TO BE TOLD.

WRITING A MEMOIR IS NOT ABOUT PERFECTING; IT'S
ABOUT PERMISSION.

GIVING YOURSELF PERMISSION TO FEEL... TO
FACE... TO HEAL... AND FINALLY, TO SHARE.

YOUR STORY MATTERS BECAUSE YOU MATTER.

YOUR EXPERIENCES SHAPED YOU.

YOUR WOUNDS STRETCHED YOU.

YOUR BREAKTHROUGHS REBUILT YOU.

AND SOMEONE, SOMEWHERE, NEEDS THE WISDOM
YOU'VE EARNED THE HARD WAY.

A MEMOIR IS MORE THAN A BOOK.

IT'S A MIRROR.

IT'S A MINISTRY.

IT'S A MESSAGE.

AND YES, ... YOU ARE READY TO WRITE IT.

WHY YOUR MEMOIR MATTERS

YOUR LIFE IS NOT RANDOM.

YOUR EXPERIENCES WERE NOT WASTED.

YOUR STORY IS NOT TOO MESSY, TOO PAINFUL, TOO COMPLICATED, OR TOO EMBARRASSING TO BE USED.

YOUR MEMOIR HAS THE POWER TO:

- HEAL SOMEONE WHO FEELS ALONE
- GIVE LANGUAGE TO SOMEONE'S SILENT SUFFERING
- BRING CLARITY TO SOMEONE'S CONFUSION
- SHOW SOMEONE THAT SURVIVAL IS POSSIBLE
- BREAK GENERATIONAL SILENCE
- CHALLENGE SHAME
- REVEAL GOD'S FINGERPRINTS IN THE DARK PLACES
- ENCOURAGE SOMEONE WHO IS STILL IN THEIR STORM

A MEMOIR IS NOT WRITTEN FROM THE PRETTIEST PARTS OF YOUR LIFE; IT'S WRITTEN FROM THE TRUEST PARTS.

WHEN YOU WRITE YOUR MEMOIR, YOU INVITE SOMEONE ELSE TO BREATHE AGAIN, FIGHT AGAIN, HOPE AGAIN, AND MAYBE EVEN LIVE AGAIN.

YOUR STORY CARRIES ANSWERS.

YOUR STORY CARRIES INSIGHT.

YOUR STORY CARRIES BREAKTHROUGH.

AND SOMEONE NEEDS YOU TO TELL IT.

THREE CHALLENGES THAT HOLD MOST MEMOIR WRITERS BACK

1. FEAR THE FIRST CHALLENGE

FEAR IS LOUD WHEN IT COMES TO YOUR STORY.
FEAR WILL TELL YOU:

- “PEOPLE WILL JUDGE YOU.”
- “YOUR PAST IS TOO MESSY.”
- “YOU DON’T REMEMBER ENOUGH.”
- “YOU’LL HURT SOMEONE BY TELLING THE TRUTH.”
- “NO ONE WANTS TO HEAR YOUR STORY.”

BUT FEAR DOESN’T GET THE FINAL SAY; YOU DO.

FEAR IS A SIGN YOUR STORY CARRIES WEIGHT.
FEAR IS A SIGN YOUR STORY IS NECESSARY.
FEAR IS A SIGN YOUR STORY WILL LIBERATE
SOMEONE ELSE.

THE ONLY WAY TO DEFEAT FEAR IS TO DO THE
OPPOSITE OF WHAT FEAR TELLS YOU.

START BY WRITING THIS SENTENCE:

“I AM READY TO TELL MY STORY. MY TRUTH WILL
HELP SOMEONE HEAL.”

READ IT EVERY DAY FOR EIGHT DAYS.

ON THE NINTH DAY, WRITE, EVEN IF YOUR HANDS
SHAKE.

WRITE, EVEN IF EMOTIONS RISE.
WRITE, EVEN IF YOU CRY BETWEEN PARAGRAPHS.

YOUR COURAGE IS GREATER THAN YOUR FEAR.
AND YOUR STORY DESERVES TO BREATHE.

2. LACK OF KNOWLEDGE **THE SECOND CHALLENGE**

**MANY PEOPLE NEVER WRITE THEIR MEMOIR BECAUSE
THEY DON'T UNDERSTAND HOW MEMOIRS WORK.**

THEY THINK A MEMOIR HAS TO BE:

- **PERFECTLY CHRONOLOGICAL**
- **PROFESSIONALLY WRITTEN**
- **DEEPLY ACADEMIC**
- **A LONG, DRAMATIC BOOK**
- **OR FILLED WITH EVERY DETAIL OF THEIR LIFE**

BUT KNOWLEDGE REMOVES CONFUSION.

**BEFORE ASSUMING YOU CAN'T DO IT, LEARN THE
BASICS:**

- **A MEMOIR IS A SLICE OF YOUR LIFE, NOT YOUR WHOLE LIFE**
- **YOU CHOOSE THE THEME**
- **YOU FOCUS ON THE TRANSFORMATION**
- **YOU WRITE FROM TRUTH, NOT TIMELINE**
- **YOU TELL YOUR EXPERIENCE, NOT OTHERS BUSINESS**
- **YOU CAN WRITE IN SCENES, REFLECTIONS, OR MOMENTS**
- **YOU CAN TELL THE STORY IN YOUR VOICE, STYLE, & RHYTHM**

**THE MORE YOU LEARN, THE LESS OVERWHELMING IT
FEELS.**

**KNOWLEDGE BUILDS CONFIDENCE, AND CONFIDENCE
HELPS YOU TURN MEMORIES INTO MEANING.**

3. FINANCES

THE THIRD CHALLENGE

MANY PEOPLE NEVER MOVE FORWARD BECAUSE THEY ASSUME MEMOIR WRITING IS TOO EXPENSIVE.

BUT HERE'S THE TRUTH:

YOU WILL SPEND MONEY EITHER WAY ON THINGS THAT ENTERTAIN YOU, DISTRACT YOU, OR TEMPORARILY COMFORT YOU...

OR YOU CAN INVEST IN SOMETHING THAT BUILDS LEGACY, BRINGS HEALING, AND MINISTERS TO OTHERS.

MEMOIR WRITING DOESN'T REQUIRE:

- **A HUGE BUDGET**
- **A BIG PUBLISHING COMPANY**
- **THOUSANDS OF DOLLARS**
- **OR EVERY SERVICE AT ONCE**

THERE ARE COMPANIES, ESPECIALLY NEWER ONES THAT OFFER:

- **AFFORDABLE PACKAGES**
- **PROMOTIONS**
- **PAYMENT PLANS**
- **EDITING BUNDLES**
- **WORKSHOPS**
- **COACHING**
- **SPECIALS FOR FIRST TIME AUTHORS**

BEFORE ASSUMING YOU CANNOT AFFORD THE JOURNEY, GATHER THE FACTS.

FIND WHAT FITS YOUR SEASON, YOUR FINANCES, AND YOUR ASSIGNMENT.

YOUR STORY IS WORTH THE INVESTMENT.

CALL TO ACTION
IT'S TIME TO WRITE THE STORY
GOD TRUSTED YOU WITH

YOU'VE SURVIVED IT.

YOU LIVED THROUGH IT.

YOU GREW FROM IT.

NOW IT'S TIME TO RELEASE IT.

YOUR MEMOIR IS SOMEONE'S BREAKTHROUGH.

YOUR TRANSPARENCY IS SOMEONE'S STRENGTH.

YOUR HEALING IS SOMEONE'S HOPE.

DECLARE THIS OUT LOUD:

"I AM READY. I AM CAPABLE. I AM CALLED."

"MY STORY WILL BLESS SOMEONE'S LIFE."

PICK UP YOUR PEN.

OPEN YOUR LAPTOP.

**BEGIN THE FIRST CHAPTER WITH COURAGE,
HONESTY, AND GRACE.**

YOUR STORY IS READY.
AND SO ARE YOU.

HOW CAN WE HELP YOU?

LADY B. WRITES LLC

HELPING AUTHORS WRITE, SHAPE, AND
BIRTH POWERFUL MEMOIRS FOR MORE
THAN 11½ YEARS.

WE SUPPORT MEMOIR WRITERS WITH:

- GHOSTWRITING
- BOOK COACHING
- STORY STRUCTURE
- CHAPTER DEVELOPMENT
- TRAUMA-SENSITIVE WRITING
- EDITING & POLISHING
- PUBLISHING SUPPORT
- WORKSHOPS & TRAININGS
- LEGACY-FOCUSED STORYTELLING
- CLASSES FOR EMOTIONAL/SPIRITUAL READINESS

IF YOU'RE READY TO TELL YOUR STORY,
WE'RE READY TO SERVE AS YOUR BOOK
MIDWIFE.



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