



Memoir in the Making

Picture this: You're sitting at your favourite writing desk, the gentle hush of the world outside. You are in your eighties, pen in hand, memoir open to the chapter where everything changed [insert current year]. This is the year your dream life began to unfold—page by page, moment by moment. Today, you get to write that chapter. Let's begin.



I love this chapter, because it was the year I finally...

I found the courage to...

Each day, I found myself...

And as the sun set, my evenings were filled with...



To unwind, I loved to...

This part of my life was special because...

Everything changed when I decided to...

New doors opened for me, allowing me to...



People around me appreciated that...

My loved ones noticed changes in me, such as...

I was able to support others by...

The transformation in my life brought me...



Through this journey, I discovered that I...

To step into this life, I had to let go of...

Looking back, I feel proud because...

I finally understood the importance of...



A daily ritual that made the biggest difference was...

If someone was to describe me, I hope they would say...

*Reflecting on this chapter,
I would love my younger self to know...*

Time to Turn the Page

Now, with your vision clear and your story unfolding, it's time to step fully into the life you've imagined. On the next page, begin each sentence with "I am"—write as if you are already living your dream. Let your words be bold, present, and true.

This is the moment your next chapter begins.



Record yourself reading your “I am” list.
Listen each morning, and let your words guide your next chapter.

[illegible]