

CREATING MEMOIR/ CREATIVE NON-FICTION –Anne Schroeder

1. **Creative non-fiction explores the landscape of the heart, mind and soul.**
Divulge with dignity.
My story is not about “me.” It’s about the universal “us.”
2. **Framing our story is the way we achieve authenticity.**
Write an authentic journey in *the best way possible* so that others will relate.
3. **Facts aren’t irrefutable. Emotions aren’t always precise.**
It’s the *emotional impact of our experiences* that creates the unforgettable.
4. **Journaling is inward reflection. Memoir writing is outward projection** for our reader.
5. **Create experiences of the senses:** Touch, taste, sound, smell, sight, feel, intuition.
6. **Two writing mantras:**
Authenticity is Everything
What it’s about is *Not* what it’s about

GIVE YOURSELF PERMISSION to Break Out of Your Comfort Zone

Try Free-Form writing—let the *hand* work before the mind thinks. Get into a meditative state and relax.

Write free-form poetry. Write short lines, long lines, feel the rhythm.

Take a piece of fiction you admire and change the elements. (like painters copied the Masters in the Louvre.) You will drift into your own style.

Play music as you do your practice exercises.

Baroque, Handel, Naturescapes. Anything that puts you into an alpha state.

Develop your voice and don’t try to please everyone.

If and when you decide to seek publication you can learn the rules of your genre.

CREATE A MISSION STATEMENT (Barbara Waxman theodysseygroup.net)

I want to live a life that allows me to _____, so I can express my passion for _____ and be able to use my skills in _____, so that at the end of my life I can say _____.

“I write so that my handful of pebbles,
cast into still waters, will create a ripple.”
<http://anneschroederauthor.blogspot.com>