



Memory Harvesting Starter Kit

A gentle beginning for memoirists, storytellers, and anyone gathering the stories that shaped them

1. Sample Prompts to Spark Remembering

These prompts are crafted to open doors — not to pressure, but to invite. Each one is intentionally simple, sensory, and emotionally spacious.

Prompt 1 — A Small Moment That Stayed

Write about a moment from your life that seemed ordinary at the time but stayed with you.

What made it linger?

Prompt 2 — The Soundtrack of a Season

Think of a sound that instantly brings you back to a specific time in your life — a screen door, a song, a voice, a place.

What memory rises with it?

Prompt 3 — A Person Who Shaped You Quietly

Who influenced you in a subtle, almost invisible way?

What did they teach you without ever saying it out loud?

Prompt 4 — A Place That Still Lives in You

Describe a place from your past that feels alive in your memory.

What did it smell like, sound like, feel like?

Prompt 5 — A Turning Point You Didn't Recognize at the Time

Write about a moment that changed you — even if you only realized its importance years later.

2. Printable Reflection Page

You can format this as a one-page worksheet, but here's the full text ready to drop into a design:

Reflection Page: Harvesting a Single Memory

Memory Title:

When did this memory take place?

Where were you?

Who was with you?

What happened? (Describe the moment simply, without pressure to “write beautifully.”)

What emotions were present — then and now?

What details stand out most clearly? (sensory notes, objects, gestures, weather, light)

Why does this memory matter to you?

What does this memory reveal about who you were becoming?

3. A Cozy Ritual for Beginning Memoir Work

This ritual is meant to help you settle into a reflective, grounded state — the kind where memories rise gently instead of being forced.

The Hearth Ritual

1. Create a small moment of stillness

Sit somewhere comfortable — a chair by a window, a quiet corner, a place that feels like yours.

2. Choose a grounding object

Hold something that connects you to your past: a photograph, a recipe card, a piece of jewelry, a stone, a leaf, a

book.

Let your hands remember before your mind does.

3. Take three slow breaths

Inhale for four counts, hold for two, exhale for six.

Let your shoulders drop. Let your thoughts soften.

4. Ask yourself one gentle question

“What memory is wandering toward me today?”

Don’t chase. Let it come.

5. Begin writing without judgment

Capture fragments, images, phrases, feelings.

You’re not writing a chapter — you’re gathering ingredients.

6. Close with gratitude

Thank the memory for visiting.

Thank yourself for showing up.

This ritual helps you enter memoir work with warmth, presence, and emotional safety — the foundation of all meaningful storytelling.

Find more memory prompts and ready-to-use pages in the [Family Legacy Workbook](#). Get it today for the ones you want to inspire.