

Significant Relationships in Your Life

Take about 5–10 minutes to list as many significant relationships from your life as you can remember. Leave some space between each person on the list.

Go back over your list and make short notations about each person. These notations might include such information as:

- How you are related or how you knew the person
- When and how you met
- Some key events you shared
- Where you were when you knew each other
- How long the relationship lasted

As you have probably realized, each of these relationships holds a story to be told. Choose one of these significant relationships and write the story.

Keep this list in the front or back of your lifewriting notebook to use as a “memory kindler” for future stories.