We've all been thinking a lot about the past, “how things were” just a couple months ago feels like a different era. For the purpose of this exercise, let’s go a little further back in time. To paraphrase the late, great writer Flannery O’Connor, anyone who survived childhood has enough information about life to last the rest of their days.

There are several questions below, pick one to answer and expand on it.

- Set your phone time or kitchen timer for 15-20 minutes.
- Grab a pen and paper--trust me, there's something about it. Or, record yourself.
- Find a spot where you won't be interrupted. Not possible? Put on a pair of headphones. Music can help, too.

1. What do you remember most about your neighborhood, your home, your room?

2. What about school, what was that like?

3. What hobbies have been passed down in your family?

4. What were your dreams for yourself at that time?

5. What were your parents’ dreams for you?

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