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WELCOME

Welcome to your Memoir Reflection Resource!

Writing a memoir is a deeply personal journey, and the reflections you include bring your story to life. This guide is designed to help you explore your experiences in a meaningful way—unlocking deeper insights and emotions that will connect you to your readers. Take your time, trust your voice, and let these reflections guide you through your writing process.

Ready to get started?

Memoir Reflection Guide

What's Included:

Memoir Reflection Framework

A simple, three-step structure to help you reflect before, during, and after an event in your memoir.

Guiding Questions - To help with prompting reflection.

Examples - To give an idea of what a reflection might look like.

Tips - To offer some insights on making reflections meaningful and effective.

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BEFORE

What emotions were you feeling before this event?

What fears or worries were you carrying?

What did you expect to happen?

Example: Before public speaking, I felt anxious. My palms were sweating, my heart raced, and my thoughts kept spiraling to past failures.

Tip: Show the feeling. Instead of just saying "anxious," describe what anxious looks like to you—sweaty palms, a racing heart, feeling like the world is closing in.

DURING

How did you feel in the middle of the event?

What thoughts ran through your mind while you were experiencing it?

Did anything surprise you? Any shifts in your perspective?

Example: While speaking, I stumbled over my words at first, but then I realized I'd rehearsed enough to get back on track. A smile from someone in the audience gave me a boost of confidence.

Tip: Highlight turning points—moments when things shifted for you, emotionally or mentally. What changed? What helped you push through?

AFTER

What feelings did you have once it was over?

Did this event change you in any way?

How can this experience help you face other challenges?

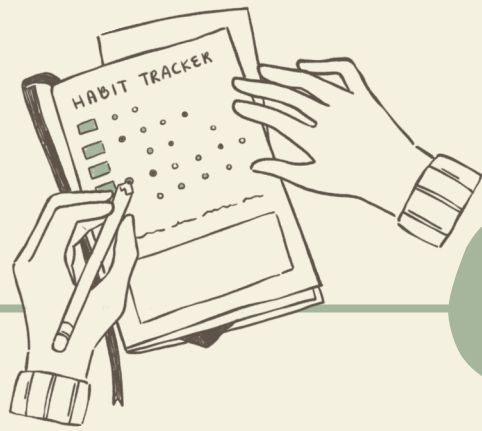
Example: After getting off stage, I felt proud. My hands were still shaking, but it was different—like happy jitters. I realized that facing this fear would help me face other fears in the future.

Tip: Focus on what you learned and how the experience has shaped you. This reflection shows your growth and helps readers connect to your journey.

BEFORE

DURING

AFTER



STAY INSPIRED

Thank you for using this Memoir Reflection Resource! Remember, your reflections are what make your story resonate with readers. By diving deep into your emotions and experiences, you're creating a connection that goes beyond words. Keep reflecting, keep writing, and continue to share your unique journey with the world.

You've made incredible progress today—let's keep that momentum going!

THE ADVENTURE CONTINUES

Ready for more support on your writing journey?

Reach out for 1:1 Coaching — Let's dive deeper into your writing goals and work together to move you forward.

Join the Writing Community — Connect with other writers for support, motivation, and exclusive resources.

Grab Additional Resources — Explore more tools, guides, and tips to continue refining your writing practice.

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