



Preparing for Your Legacy Interviews

This workbook is designed to help you thoughtfully prepare for your memoir interviews. Reflecting on these questions ahead of time can help uncover themes, memories, emotional truths, and the legacy you want to leave behind.

What Is My Story Really About?

Consider the emotional heart of your memoir. Is your story about resilience, reinvention, love, survival, family, personal growth, or overcoming adversity?

Why Am I Writing This?

What motivates you to tell your story now? Are you preserving family history, sharing life lessons, healing from experiences, or leaving wisdom for future generations?

What Message Do I Want to Convey?

What do you hope readers feel after reading your memoir? Courage, hope, compassion, humor, honesty, gratitude, or inspiration?

What Do I Want to Avoid?

Not every memory belongs in a memoir. Think about what feels too private, painful, or unnecessary to revisit.

How Deep Am I Willing to Go?

Some people choose to explore deeply emotional experiences while others prefer a lighter reflective tone. There is no right answer — your comfort matters.

What Legacy Do I Want to Leave Behind?

What values, wisdom, stories, and emotional truths do you want future generations to remember most?

Questions to Ask My Ghostwriter

Use this section to write down questions, concerns, ideas, or topics you would like to discuss during your memoir planning sessions.

Additional Reflection Notes