

The One-Year Collection of Weekly  
Writing Prompts



# The One-Year Collection of Weekly Writing Prompts

*Write Your Life Story, One Question at a Time*

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To my ancestors who intrigue me, my God who sustains me,  
and my children who complete me.



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## The Importance of Your Life Experiences

I'm a firm believer that *everyone* has a life story worth writing. The benefits of documenting your life experiences are many, including personal growth and discovery.

In addition, when you're willing to share the ups and the downs of your life story with others, you're able to leave a legacy that can benefit your current family members as well as future generations. Sharing your beliefs, values and wisdom in anecdotal form enables your children and grandchildren to connect with you on a deeper level. And your personal experiences offer an opportunity to educate, empower and inspire others.

Still not convinced that your experiences matter? Consider these statistics from a survey conducted by Allianz Life Insurance Company:

**“Americans age 65+ value family stories  
more than money by a ratio of 3:1.”**

*The Allianz American Legacies Pulse Survey,  
Allianz Life Insurance Company, 2012*

In addition, Allianz found that 75% of Baby Boomers and 53% of elders (those age 72 and older) agreed with the following statement: “It is extremely important to me that future generations remember my parents and what mattered to them.”

Yet maybe your life feels as monotonous as a plain piece of paper: there's nothing distinguishing about it; nothing exciting. As an 80-year-old woman once told me, “I doubt I'd ever write my story. I never had a career; I only volunteered and raised a family. I don't have anything noteworthy to share.”

To me, such a mindset is a travesty. You don't have to have worked your way up the corporate ladder or have been born into royalty to have a story worth sharing. Your life experiences, whatever they are, have meaning. Within the daily grind of life, you learned important lessons, and you can offer a first-person account of various historical events.

It makes me think about Laura Ingalls Wilder and her *Little House on the Prairie* books. She didn't consider her life to be exceptional, nor did she set out to write a best-selling book. And I doubt she ever imagined her family's life would one day be portrayed in a weekly television program.

No, she merely documented her personal experiences for herself and her family. So she wrote simply. She wrote descriptively. She wrote about what was most important to her. And because she was willing to share her thoughts and experiences, she captivated the hearts and minds of countless people.

My point is that you shouldn't sell yourself short. You DO have an interesting story to share.

As Mark Twain once said, "There was never yet an uninteresting life. Such a thing is an impossibility. Inside the dullest exterior, there is a drama, a comedy, and a tragedy."

## REFLECTIONS

“Life can only be understood backwards;  
but it must be lived forwards.”

Søren Kierkegaard



## HOW HAVE HISTORICAL EVENTS AFFECTED YOU?

Consider all of the major historical events that have occurred in your lifetime, both in this country and around the world. These might include events such as the Vietnam conflict, tearing down the Berlin Wall, 9/11 and Hurricane Katrina.

List the events that have had a significant impact on you—whether they've directly affected you and your family or have simply caused you to think differently about an issue.

Beside each one, jot down your approximate age at the time, what memories of the event stand out most vividly in your mind and what you've learned from the experience.

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## HOW HAS TECHNOLOGY EVOLVED DURING YOUR LIFETIME?

It's staggering to think how quickly technology has completely changed the way people work, play and converse with each other. Regardless of whether you're a traditionalist or a change agent, you undoubtedly rely on certain technological marvels every day.

Document the technology you used as a child and how those items have evolved over the years. (Rotary phones, basic refrigerators, and black-and-white television sets immediately come to mind.)

Feel free to also include new technology that has been introduced in your adulthood, as well as technology that perhaps you don't use yourself but you find fascinating. (Electric cars or 3-D printers, anyone?)

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## ABOUT THE AUTHOR

Dalene Bickel is the founder of Lasting Legacies and serves as a nonfiction book coach and editor. She has ghostwritten and coauthored numerous books, including *Plant and Grow Your Money: A Financial Guide for Young Adults*. Her writing has also appeared in blogs, magazines and the Chicken Soup for the Soul book *The Multitasking Mom's Survival Guide*.

She has served as a panelist at the Biographers International Conference and regularly speaks on the topics of legacy and life story writing.

When not working, she enjoys spending time in God's Word, making memories with her two boys, reading, traveling and trying new things.

Follow Dalene on [Facebook](#), [Instagram](#) and [LinkedIn](#).

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