

# Tuesday Talks – Lunch & Learn



**SENIOR PLANET**  
FROM ~~AARP~~

Tuesday Talks 

## Preserving Your Life Story: Tools and Techniques



*Guest presenter:  
Rick Planos*



## Date & Time

Tuesday January 28, 2025

1:30PM EST / 12:30PM CST / 11:30AM MST / 10:30AM PST

[Click Here to Join via Zoom](#)

Or call in by phone: 1-888-788-0099

Meeting ID: 165 218 752



# Writing Your Autobiography

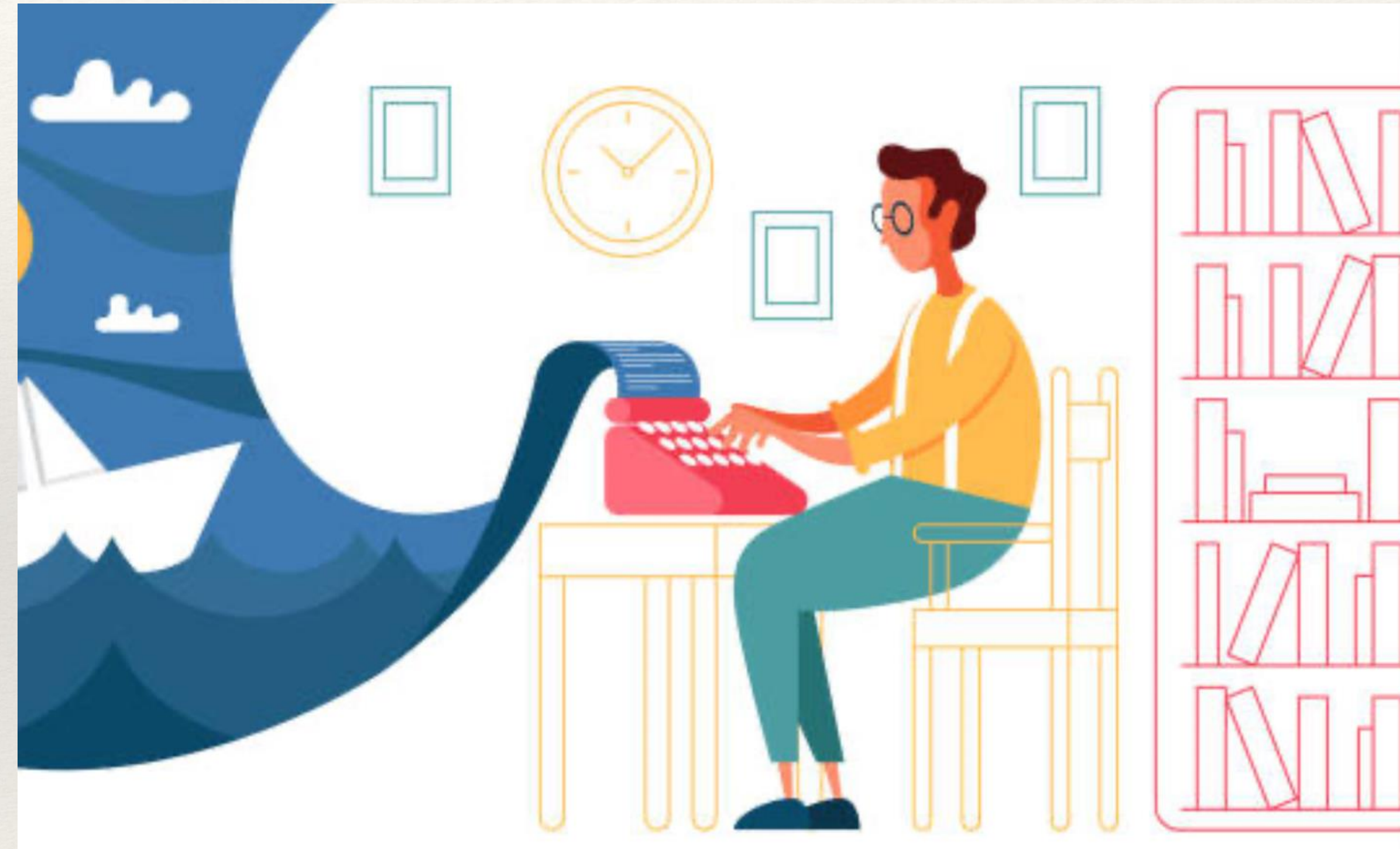
Rick Planos  
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# Writing Your Autobiography - Why?

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- ❖ Entertain
- ❖ Educate
- ❖ For Your Family



# Writing Your Autobiography - Storytelling

- ❖ What makes a great story?
- ❖ What makes a great storyteller?
- ❖ Don't overthink your structure

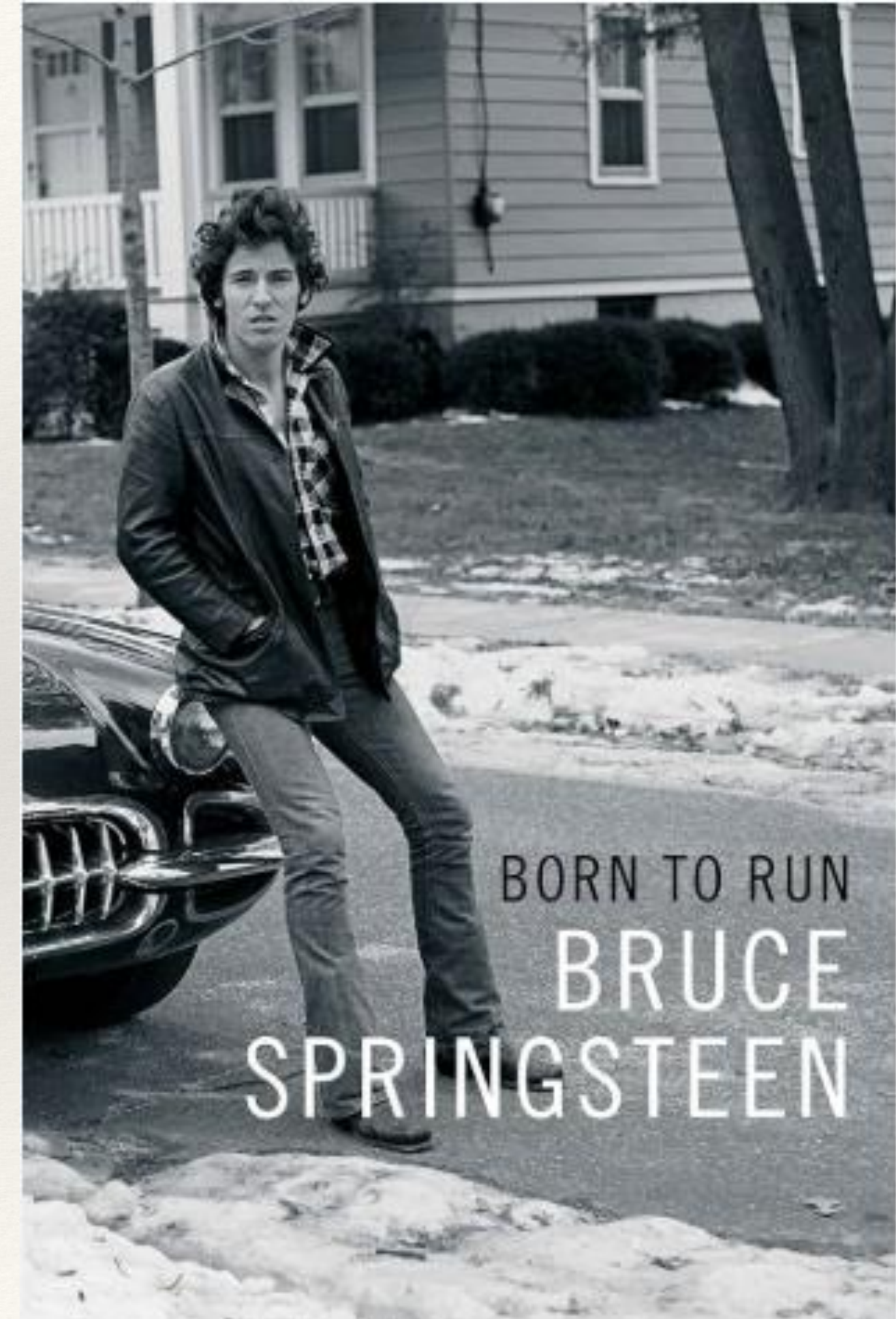


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# Writing Your Autobiography - Storytelling

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- ❖ Start with the basics
  - ❖ Birth
  - ❖ Parents and family
  - ❖ Major Life Events
  - ❖ Great stories you have shared with friends already

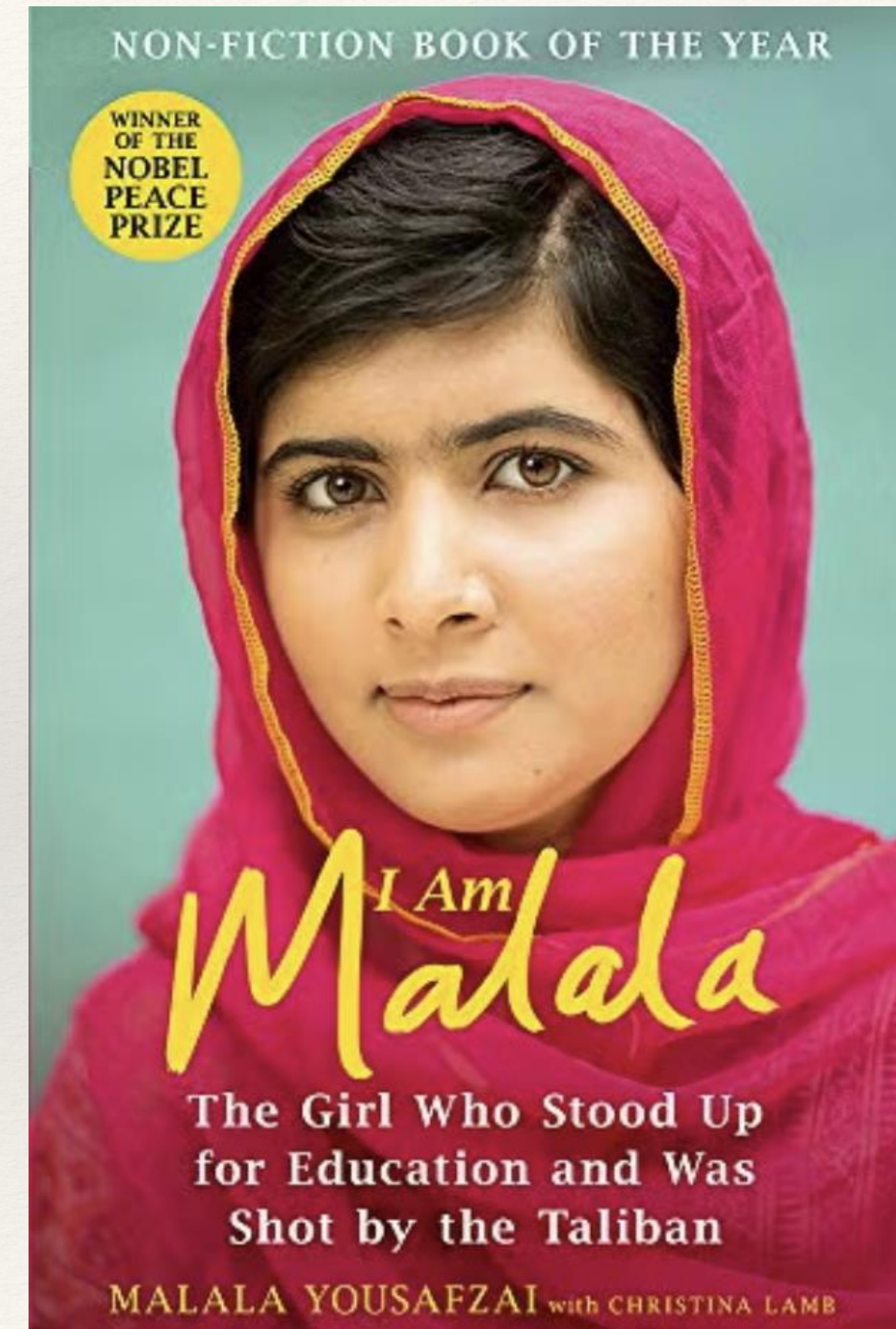


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# Writing Your Autobiography - Storytelling

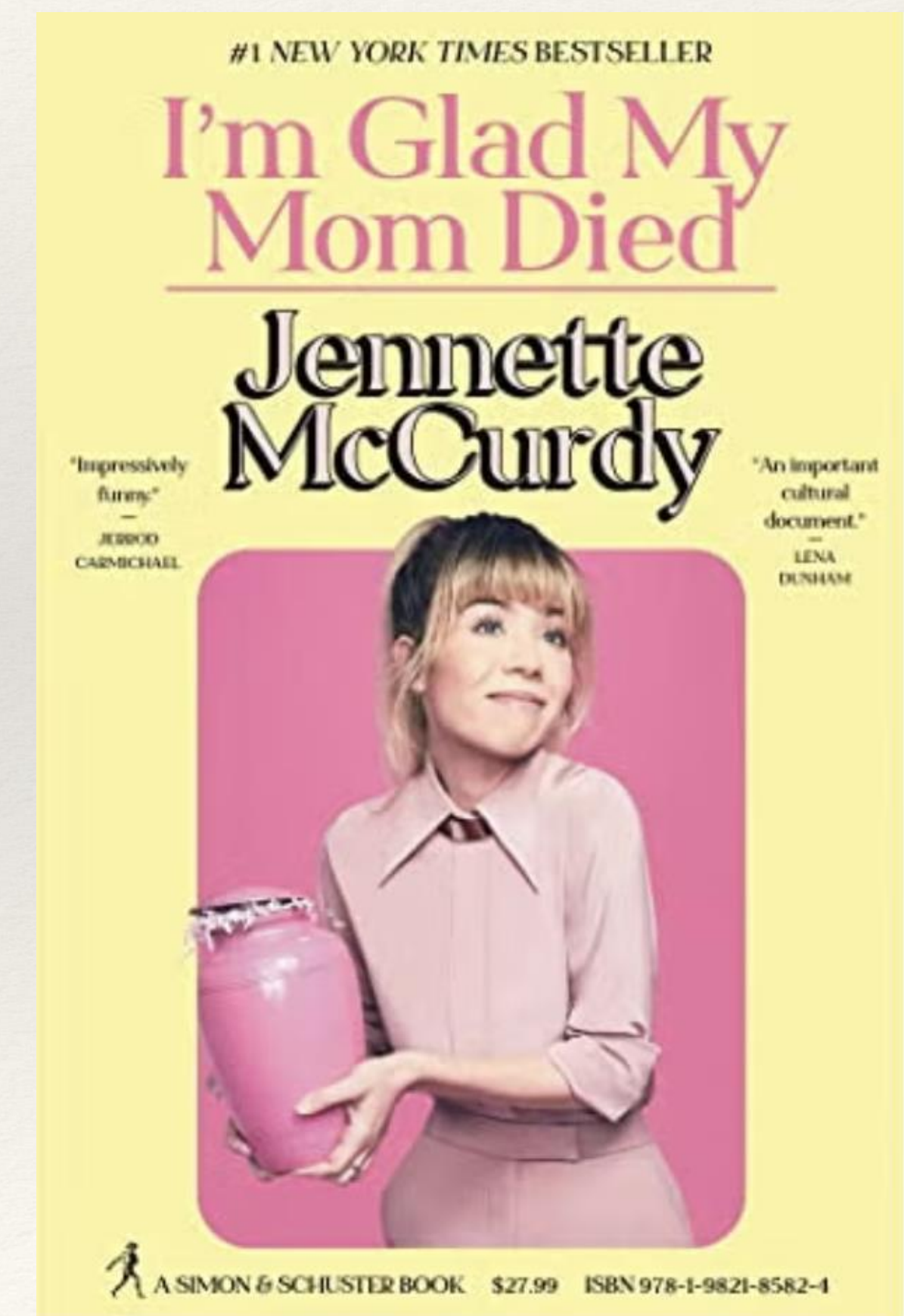
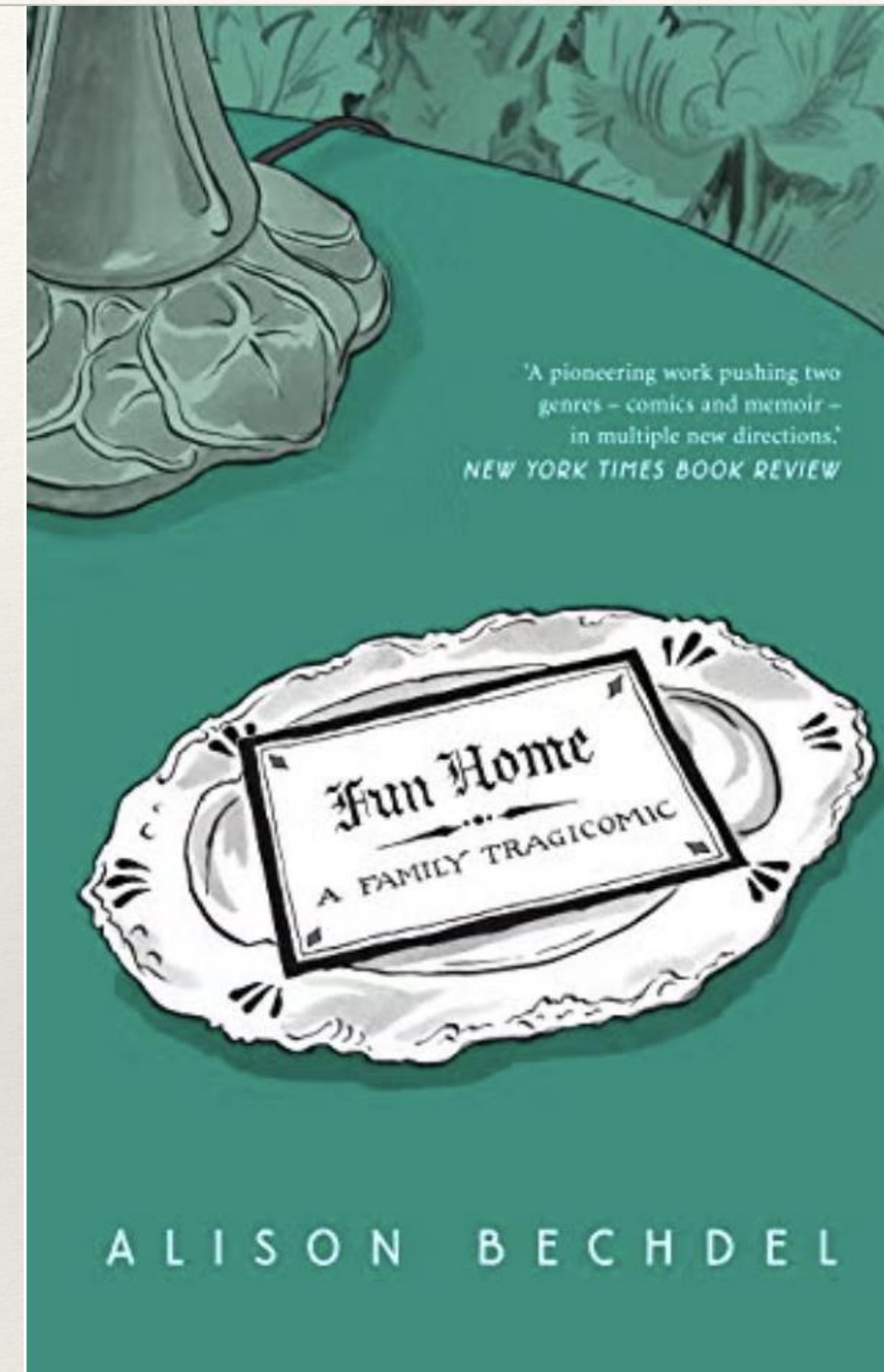
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- ❖ What biographies have moved you?
- ❖ It's ok to mimic styles
- ❖ Determine your own style
  - ❖ Funny
  - ❖ Sad
  - ❖ Documentary



# Writing Your Autobiography - Writing Tools

- ❖ Grammarly
- ❖ Autocorrect
- ❖ Friends
- ❖ Informal Editors
- ❖ Writing Groups



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# Writing Your Autobiography - Writing Tools

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- ❖ David Perrell
  - ❖ <https://perell.com>
- ❖ Storyworth
  - ❖ [www.storyworth.com](http://www.storyworth.com)
  - ❖ \$99 for one hardbound book with photos
  - ❖ 400 page limit
  - ❖ Weekly prompts





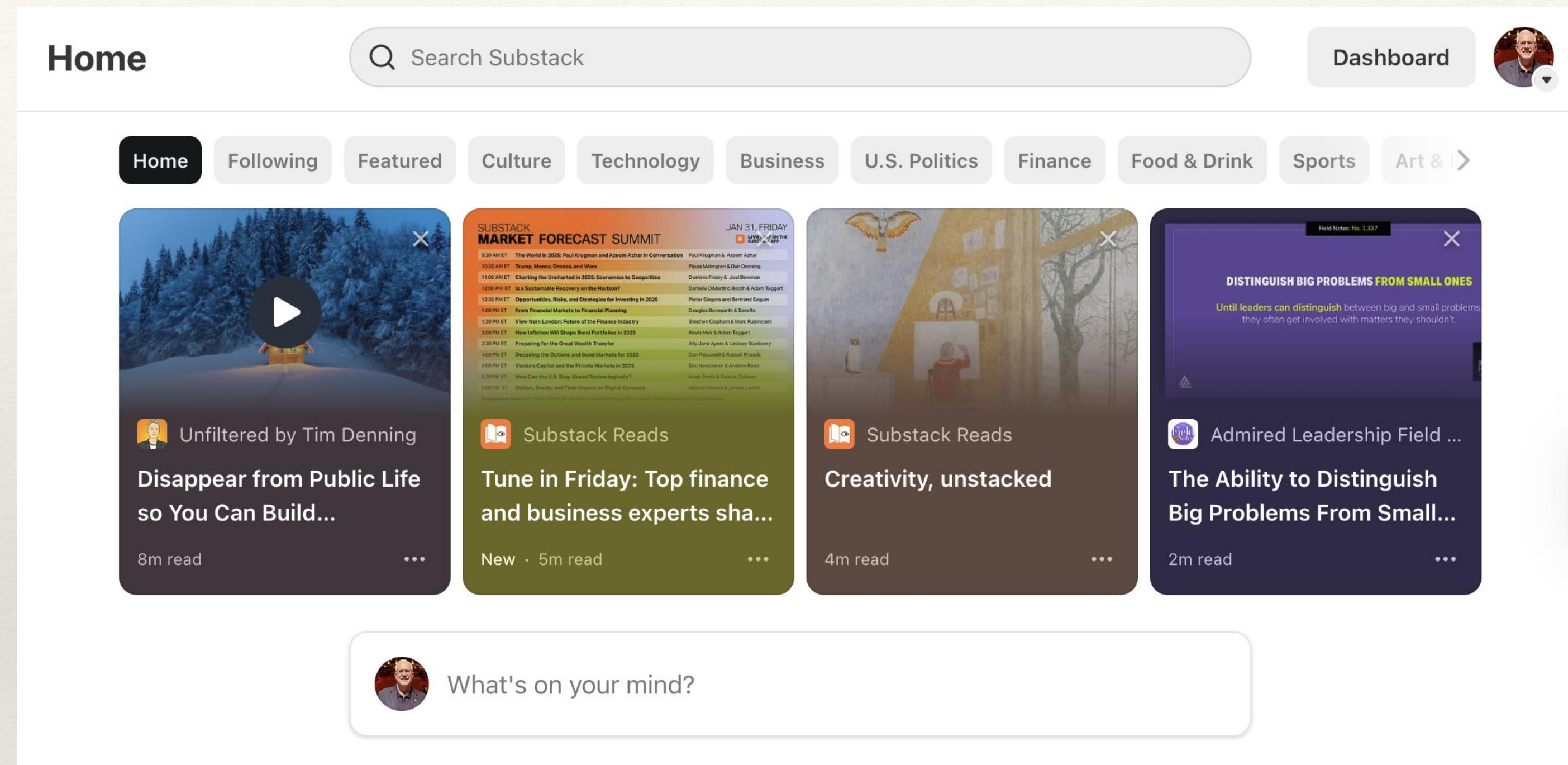
# Writing Your Autobiography - Writing Tools

## ❖ Substack

❖ <https://substack.com>

## ❖ Medium

❖ <https://medium.com>

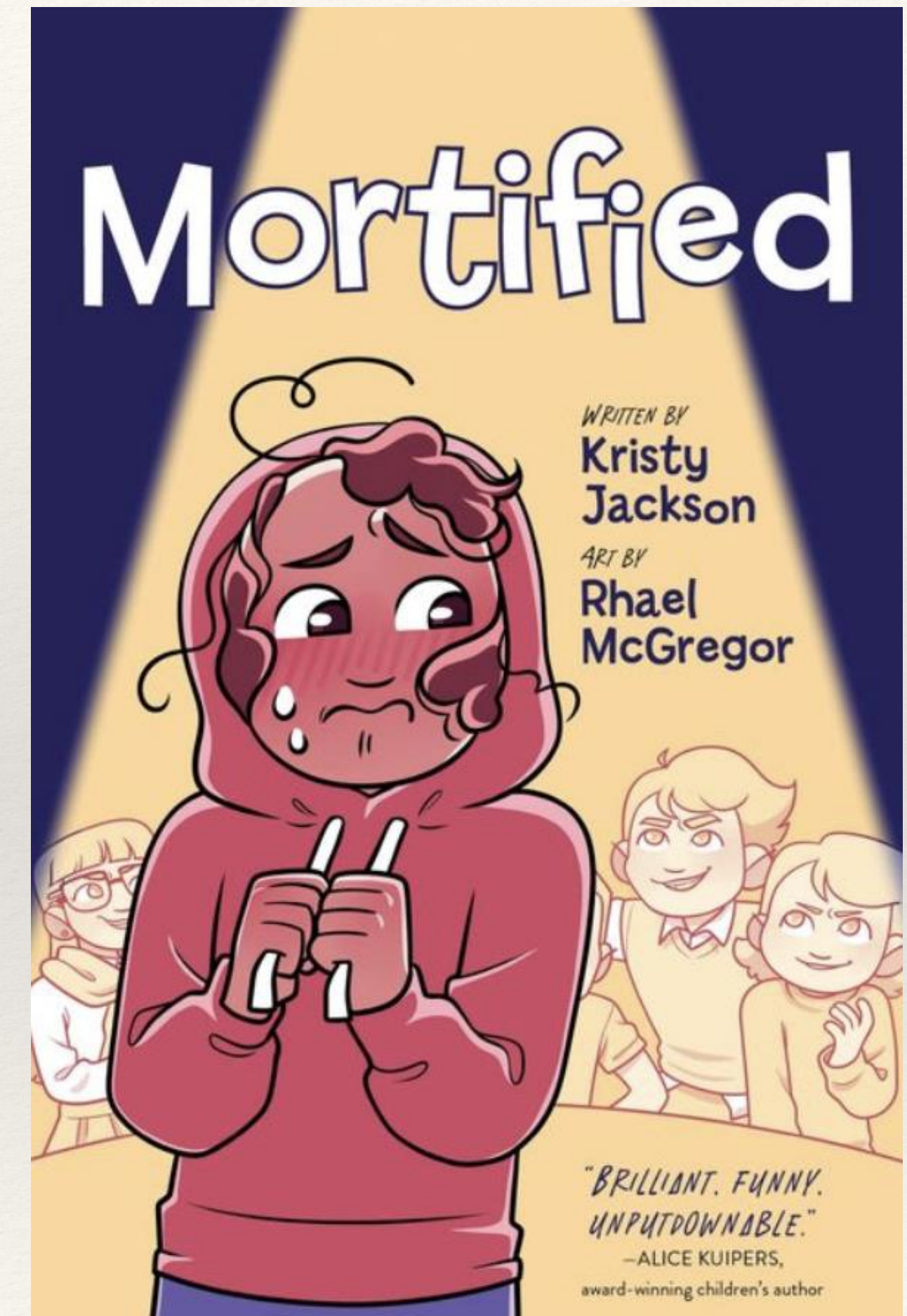


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# Writing Your Autobiography - Writing Tools

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- ❖ Toastmasters International
  - ❖ [www.toastmasters.org](http://www.toastmasters.org)
- ❖ Chicago Storytelling
  - ❖ <https://chicago-storytelling.com>
- ❖ Mortified
  - ❖ [www.getmortified.com](http://www.getmortified.com)
  - ❖ Mortified Nation (2013)



# Writing Your Autobiography

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Thanks for joining me today!

Feel free to reach out about writing, storytelling, or about how great it is to volunteer at AARP, Senior Planet, OATS, and Wish of a Lifetime

Rick  
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