



# Memoir Starter Kit

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# Why a starter kit?

Blogger? Artist? Writer? Published author? Lonesome creative dabbling in poetry and now would like to write that damn memoir?

Welcome!

I'm so glad you're here! We (Sarah B. Seidelmann and I) put together this kit when we were teaching a 3-day memoir workshop.

*Who are we?*

"Sarah Seidelmann is a true medicine woman, and everything she creates is good for what ails us."

- Martha Beck, author of *The Way of Integrity*.

"If Nora Ephron and David Sedaris had a love child, it would be Inger Kenobi. She's a brilliant writer."

-Ingvild Paulsen, journalist and cultural trend spotter.

This starter kit is intended to bring you back to the keyboard.

Melt away writer's block.

Kick excuses to the curb.

What gets in the way of writing, exactly?

OMG! So many things.

No consistent workflow, for sure. No system in place to capture and develop new ideas. Not enough trust. Perfectionism. The heavy notion that if you haven't been writing every single day since you were three years old, you've missed the boat. Waiting for the right time. Nitpicking. Hoping it will all come together somehow.



This starter kit won't help you with everything you need to know, but it will help you get started.

And that is HUGE, my friend.

Once you start, you keep going. And before you know it, you get to write THE END.

OK.

Moving On:

Specifically, this is what we'll go through together in this starter kit:

One: Making Time to Write

Two: Steal like an artist.

Three: Edit Your Work

Four: Recommended Reading List



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## 1. MAKE TIME FOR YOUR WRITING

In our experience, a lot of people don't get started because they have this vague feeling of not having enough time, but writing a book is actually very doable. You have a very possible task.

And what makes it very easy to start, is --dun-dun-dun-- schedule time for writing.

So right now: get out your calendar or your planner, look at the week ahead, and set aside three small, logical, no-brainer writing sessions.

Make them so small (maybe even just ten minutes) that it would be ridiculous NOT to do it. Do not underestimate the power of small steps.

Sure, go big and go home sounds sexier, but who has the energy for that day after day?

And for those of you who struggle with feeling selfish for writing, that it steals time away from all the other important stuff (hello, good girls! We see you!) this video might help.

[https://www.youtube.com/watch?v=kY7B7QSP7fo&list=PL-qrXCVauKr\\_cCOgYx-QTY9pfCqmS0qS&index=5](https://www.youtube.com/watch?v=kY7B7QSP7fo&list=PL-qrXCVauKr_cCOgYx-QTY9pfCqmS0qS&index=5)

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## 2. STEAL LIKE AN ARTIST.

It's easy to get caught up in the notion that talented people were just born that way. That they pulled it all (their creativity, talent, inspiration, know-how) out of the ether, effortlessly.

But like Rumi said, 'we're all walking each other home.'

And here that means we're all learning from each other.

We're all standing on the shoulders of giants.

So when you're stuck, can't get started, can't get over a creative hump regarding your memoir, return to the video link below video and follow its advice --time and time again.

<https://www.youtube.com/watch?v=S1vFYd-5Z1A>

Also, feel free to check out Austin Kleon's book: Steal Like An Artist.

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### 3. EDIT YOUR WORK

This advice might not apply to you YET, but you can file it away for later or watch the video below as a sneak-peak to what's coming.

What we're talking about here is: HOW TO EDIT YOUR WORK.

The worst thing you can do, is edit yourself and get all nit-picky as you're writing. It makes the writing process super draining and really boring.

Instead, write that shitty first draft, that shitty first chapter, and THEN go back and edit .Or as Stephen King calls is: kill your darlings.

But how? That's what the video below is all about. The video quality is not the best in the world, but the conversation is still really helpful and informative.

[https://www.youtube.com/watch?v=RR\\_c2PFm9-M&list=PL-grXCVauKr\\_cCOgYx-QTY9pfCqmS0qS&index=17](https://www.youtube.com/watch?v=RR_c2PFm9-M&list=PL-grXCVauKr_cCOgYx-QTY9pfCqmS0qS&index=17)

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## 4. Recommending Reading List

Reading these books will make your memoir journey a lot more enjoyable.

### 1. Bird by Bird by Anne Lamott

This book is a CLASSIC, for memoir writers and 'regular' writers alike. Packed with humor, humanity, and wisdom. Just to die for.

### 2. On Writing: A Memoir of the Craft by Stephen King.

I (Inger) read this book when I felt utterly lost, uninspired, and annoyed with my writing. It brought me back from the abyss. Read it, underline all the gold, and read it again.

### 3. Big Magic by Elizabeth Gilbert

If there is ever a book that can draw you into the creative zone, permanently, it's Big Magic.

And if you're a Robert A. Caro fan, I'll add this: WORKING

Not so much from a memoir perspective, but just to get inside the brain of a brilliant author.

## One last thing. . .

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After reading these tips, you might go, 'I've been doing it all wrong! I'm so stupid.'

Not at all. We're all learning. We all have to start somewhere. Plus, so much of this stuff is not intuitive.

So don't beat yourself up.

Congratulate yourself for having come this far.

Start planning your next program with enthusiasm and joy.

And remember, no one has to love it but you. If you love it, that energy is infectious and attractive. If you feel *meh* about it, go back to the drawing board.

Think: what else can I include? What would make this even more interesting?

Creating a program that speaks to your people is so much fun. It's community building, joy, and transformation, all rolled into one.

Thank you for putting *your* special brand of magic into the world.

THE END





Hello, you!

I'm so glad our paths have crossed. Want to dig a bit deeper? If so, you'll be excited to know that together with Sarah B. Seidemann, I co-run the online artist program SHINE.

We love creating community around art and artists. If you're wondering what that looks like, hop on over to SHINE and learn more about the program today.

[www.ingerkenobi.com/shine](http://www.ingerkenobi.com/shine)

And best of luck with your memoir! We all get to tell our stories.

Inger, xoxo