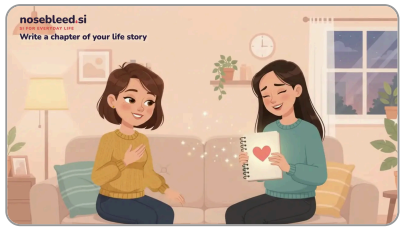
Write a chapter of your life story



Use AI to turn your memories into a short chapter, in your own voice, for your family to keep.

By the end, you'll be able to:

- jot down the details of one memory
- use AI to shape your notes into a short chapter
- make sure it still sounds like you, and keeps to the facts

Warm-up Which memory would you choose?

Talk about it with your group. A first job? A wedding? A house you lived in? A holiday you still remember?

1 Gather the details

Choose one memory. Make notes: just words and phrases are fine.

	Your notes
When and where?	
Who was there?	
What could you see, hear or smell?	
What happened?	
How did you feel then, and now?	

2 Ask AI to shape it

If you have a device, try this prompt with your notes.

TRY THIS PROMPT

Please help me turn these notes into a short chapter of my life story, about 300 words. Write it in the first person, in a warm, simple style, as if I'm telling it to my grandchildren. Only use the details I've given you: don't add anything. Here are my notes:

3 Does it sound like you?

Mary's notes said: *"First job, 1962, Woolworths in Bolton, aged 15. Sweets counter. Wage £3 a week, gave Mum £2. Manager Mr Shaw was strict."* An AI wrote this. Underline **two** things it added that weren't in her notes.

EXAMPLE CHAPTER

In the summer of 1962, aged 15, I started my first job on the sweets counter at Woolworths in Bolton. I earned £3 a week, and I proudly gave Mum £2 of it. Mr Shaw, the manager, was strict, but he had a kind smile, and on my last day he gave me a box of chocolates.

The two things it added:

4 Make it yours

AI can sound a little too polished. Write one sentence the way **you** would say it, with a word or saying from your family.

5 Next steps

- Read it aloud. Change anything that doesn't sound like you.
- Ask AI for questions that help you remember more: "What else could I add?"
- Keep a copy safe, and share it with family. Add a photo if you have one.

> **No device?** In pairs, tell your memory to a partner for three minutes. Your partner writes down the key words, and asks one question.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/write-a-chapter-of-your-life-story**

Teacher notes: Write a chapter of your life story

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with a memory of your own. Mary is made up. Some memories may be emotional, so encourage learners to choose one they're happy to share.

Running order

5 min	**Warm-up.** Choosing a memory.
15 min	**Part 1.** Gather the details.
15 min	**Parts 2 and 3.** Try the prompt, then spot the additions.
10 min	**Part 4.** Putting their own voice back in.
5 min	**Wrap-up.** Volunteers read a few lines aloud.

Answers: Part 3

1. "He had a kind smile" was added.
2. The box of chocolates on her last day was made up.

("In the summer" is a small addition too: well spotted if anyone finds it.) AI fills gaps to make a story flow, but a life story should be true.

Discussion points

- Sense details (sounds, smells, prices) bring a memory to life.
- Family sayings and local words make it sound like the writer. AI tends to smooth them out.
- A chapter a week soon becomes a book.

Adapting it

Extension: ask AI to suggest ten questions about a different part of life, such as school days or a first home, to start the next chapter.

© FirstM Ltd 2026