

## Life Books

Did you know writers write about their own lives? I love to use little bits and pieces of my life in my writing! How do I collect these bits and pieces? Simple - I have a LifeBook and you can too!

I learned about a LifeBook from Lucy Calkins. Actually, she calls it a Notebook, but I like LifeBook. After all, it is little bits and pieces of my life in it :)

So, this is what you do. You get a composition notebook and start collecting! It's different than a diary or journal.

You can write in it.

You can draw in it.

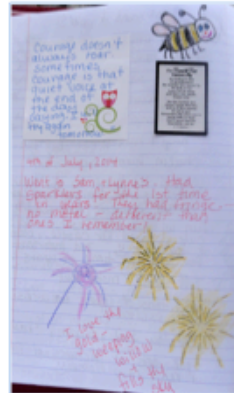
You can paste or glue things in it (photos, postcards, ticket stubs...anything you feel is important in your life - as long as it fits :) LOL

I even have sand from South Haven, MI in mine. I happen to LOVE South Haven and the sand and the water. So I put the sand in my LifeBook!

I like to call these little bits and pieces "seeds" - little seeds of my life. Then when I want to write, I just look through my LifeBook, pick a seed or two and begin writing!

I am writing a new book and do you know one of my characters came from playing Barbies with my granddaughters, Brooke and Lauren? Now, that's a little bit of my life, but that's how it happens.

I'm so glad that I have a LifeBook to help me "think" about my writing! Here are some pictures from my LifeBook:



I hope you will want to start a LifeBook. It's really lots of fun! I wonder what little bits and pieces of your life you will collect????

Happy Collecting!!  
Happy Writing!!