

## REAL EYES REALIZE "Who Am I? 5-Minute Autobiography Practice"

Our **REAL Eyes Realize** podcast interview with Anne Heffron was fun, insightful, and full of inspiration for how to find our inner courage and voice so we can write our personal story with a sense of wild aliveness. When we find a way to tell our story, we better know who we are and how we best contribute to life. Here is Anne's helpful writing tools to spark your inner dynamite.

Also, check out her incredibly vulnerable and poignant book, [You Don't Look Adopted](#).

### Tool Description – Tell Us More ...

#### What You'll Need ...

- A journal or blank writing paper
- A writing utensil
- A timer
- An open mind and curious heart

#### What You'll Do ...

1. Get ready for **five** minutes of dedicated writing time. **Five minutes - that's it!**
2. Get out your journal or pieces of paper that **feel good** to you for writing, and a writing utensil that **feels good** in your hand. Or just grab any old paper and pen and get ready to go. What matters most is to **start, and trust the process.**
3. Set a timer for **five** minutes.
4. Put the writing utensil in your **NON-DOMINANT** writing hand. Yes, it will feel **awkward and slow**. Your writing, also, might well be awkward and slow. **Perfect!** We've derailed your brain and now maybe the really good stuff will come out. **Your REAL truth.**
5. Write your life story. Yep. In **five** minutes, write your life story with your non-dominant hand.
6. When you are done, read what you wrote out loud. **Listen to yourself.** You have just reduced your entire life to a few sentences.
  - What did you say?
  - What people or events or things did you focus on?
  - Pay attention to yourself. See what matters to you.

Now that you know the **bones of your story**, you can go back and write the whole thing, word by word, sentence by sentence, page by page. **Go, you!**

**Inspiring Film to Watch:** [The Last Dance](#) - a **Netflix** documentary about Michael Jordan

**Inspiring Book to Read:** [Cured](#) – Dr. Jeffrey Rediger