



My Story

Write about your life in your own words and create a memory book for you and a memoir for future generations.





About

COTA NT is the peak body representing the interests and rights of people aged 50+ in the Northern Territory.

As a member of the COTA Federation, COTA NT collaborates with other State and Territory COTAs as well as COTA Australia to advocate and influence (on a state and national level) on matters that are important to older Australians.

COTA NT represents the interests of Territory seniors on many advisory committees and reference groups including the Minister's Advisory Council for Senior Territorians (MACST).

Our advocacy work includes collaboration with our Members, Club and Associate Members, service providers and sector partners on issues such as health, elder abuse, housing, employment, aged care, rights, and more.

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COTA NT also acknowledges the Traditional Owners and Elders past, present and emerging, of these lands where we work and live; teach and learn; talk and listen.

“ Memoir is about handing over your life to someone and saying, This is what I went through, this is who I am, and maybe you can learn something from it. It’s honestly sharing what you think, feel, and have gone through. If you can do that effectively, then somebody gets the wisdom and benefit of your experience without having to live it.”

~ Jeanette Walls, author, *The Glass Castle*

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Writing your memoir helps you identify the themes and threads of your life and make sense of what you've lived.

Foreword

MY STORY is a place for your story.

You can create this record anyway you want - on your own, with family and friends, with a carer or group - in this booklet or elsewhere - in a notebook, in an artwork, a poem or sculpture.

There is no wrong or right way to record your My Story, because it's unreservedly all about you.

You decide what you want to record and share. You may want to record the good, the bad and the ugly. You may just want to record your favourite things - it's entirely up to you.

We simply want you to enjoy the process of collecting materials and recording Your Story whether it's through prose or poetry, sketches, scribbles and artwork, photos or memes. You may simply enjoy some nostalgic moments or create a more detailed memoir for others to enjoy.

In your My Story, you could share details of what we have suggested on the following pages, or simply choose your own headings.

If you believe there is no, or limited value, in your story, we can assure you there is.

Your story may offer comfort, spark recognition, foster kinship, ignite social change, inspire others, and support those you know and love.

This is me

About me

Your Story connects you with others who have shared similar experiences and may provide comfort, support and inspiration.

Some of my earliest memories

My parents and siblings (those I grew up with)

Where I grew up



My school days

What I remember most about my school days

My greatest childhood wish / ambition

When I turned 18

Some of my earliest memories...

How I met my husband / wife / significant other

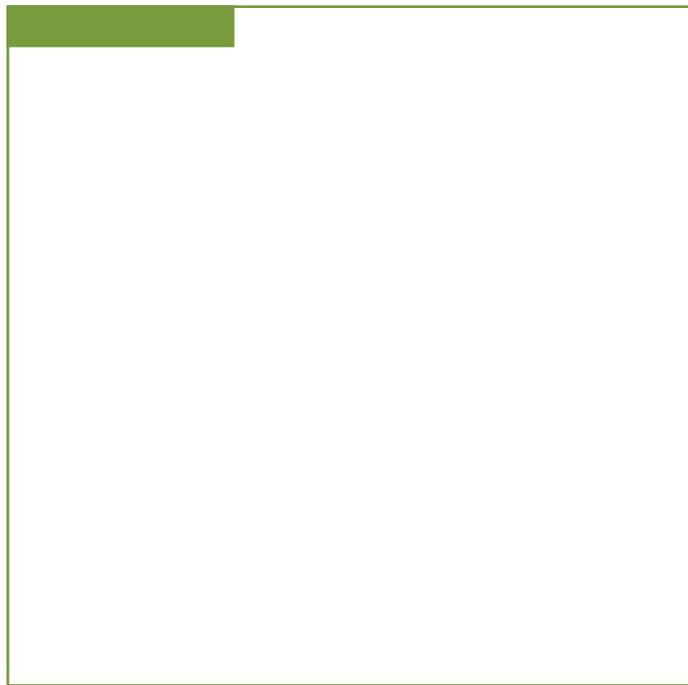
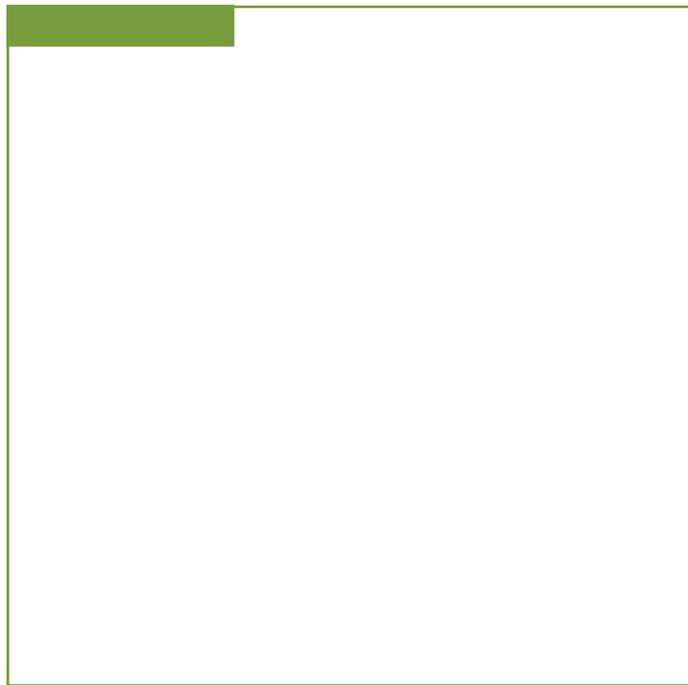


Our most special day together

Your Story is your way to share your experiences, world view and learnings with others.

Family and friends

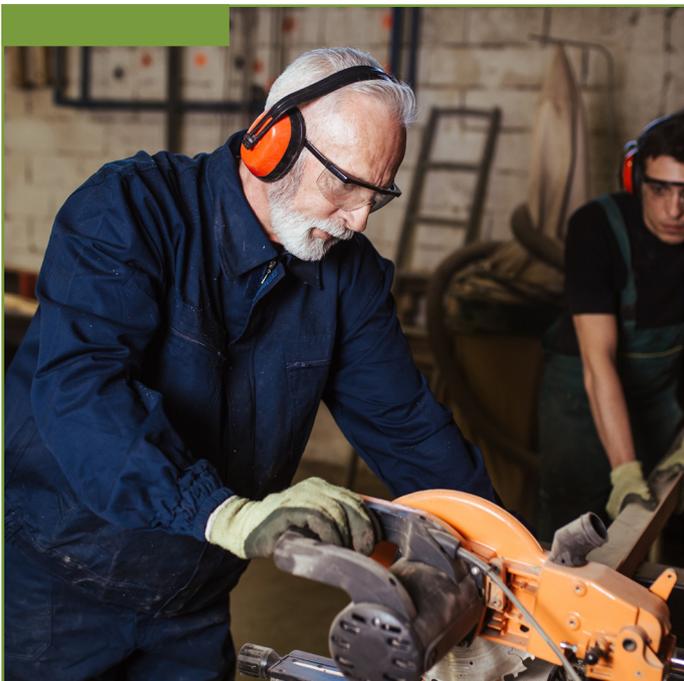
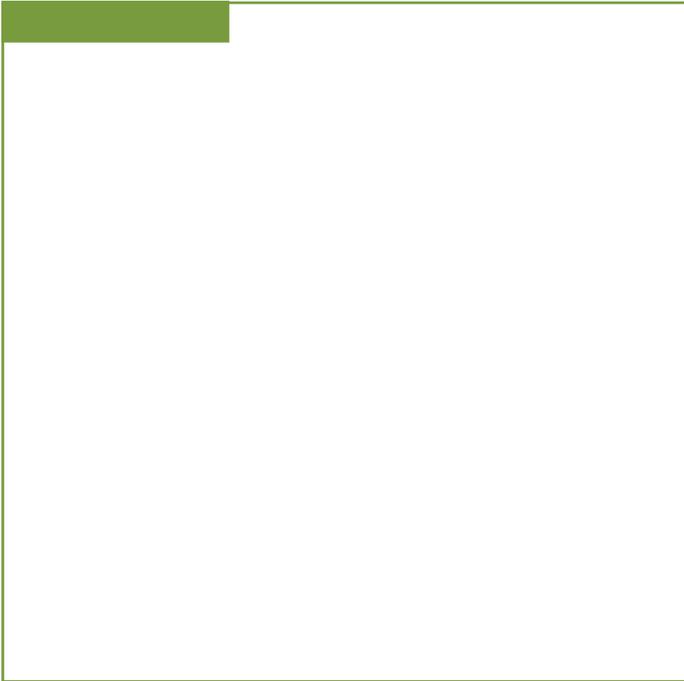
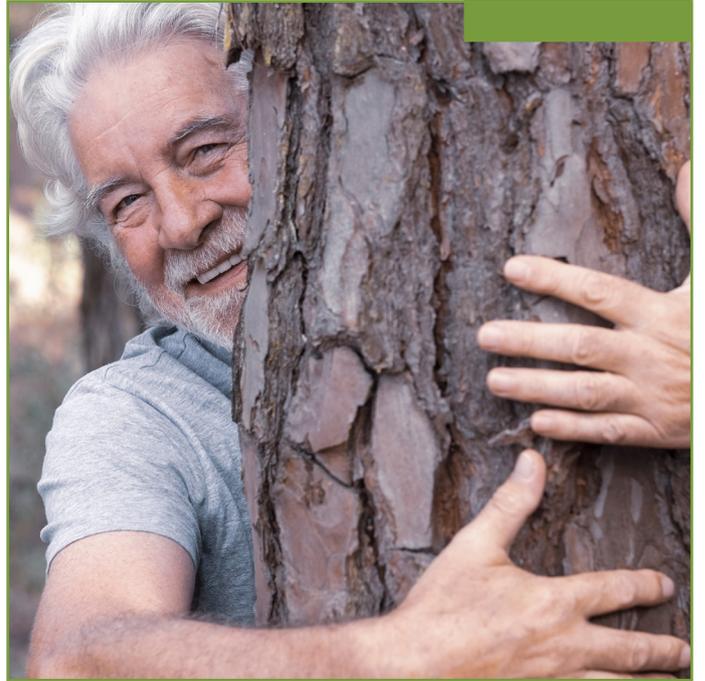




Some of my fondest memories

Moments I'm proud of





Things I like to do



My favourite holiday place

My favourite place in the NT



My travels

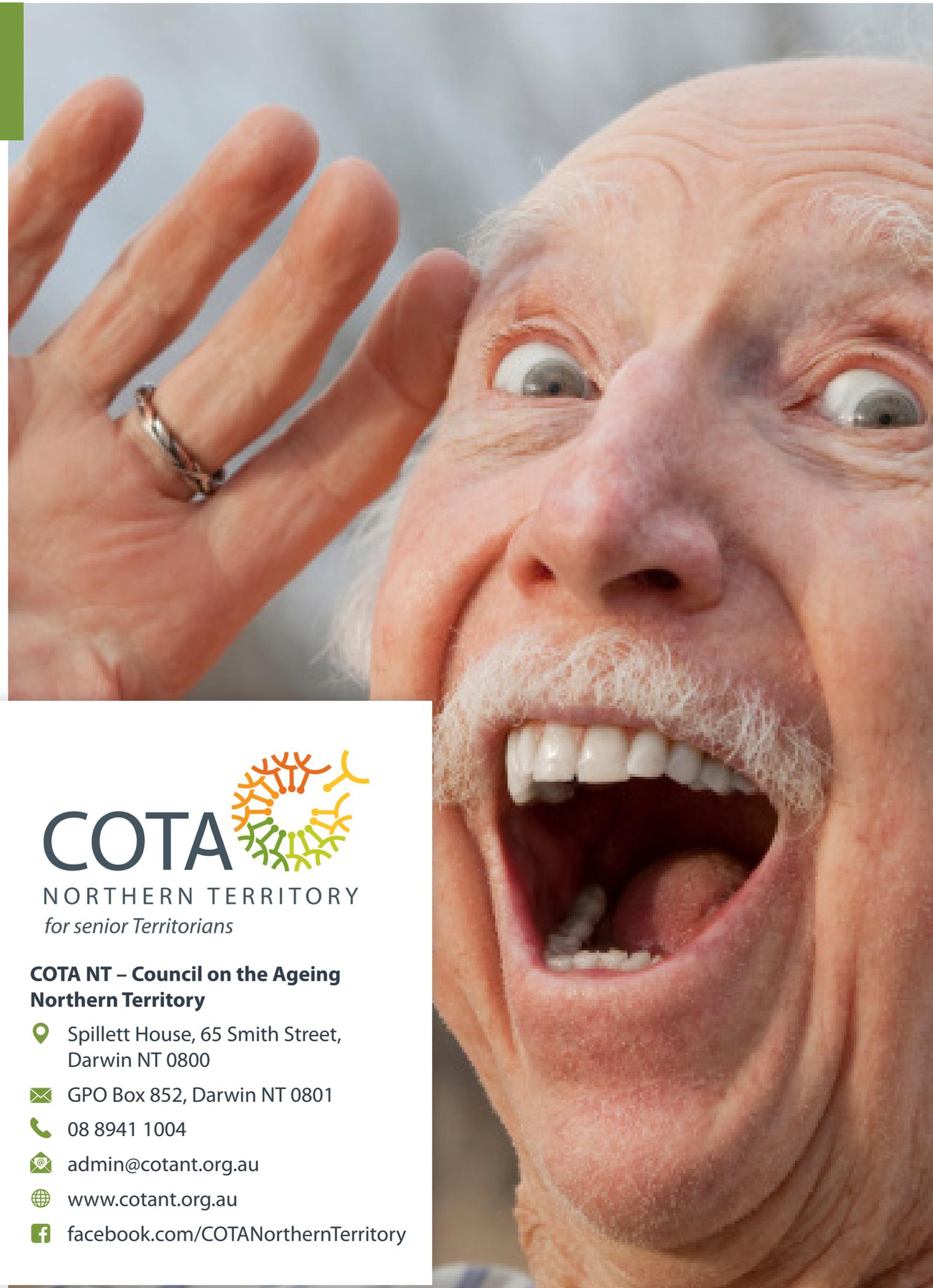


Things you may not know about me



How I would like to be remembered





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NORTHERN TERRITORY
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