



Carmelite Sisters of the Most Sacred Heart of Los Angeles
Vocation Office

Instructions for Writing Your Autobiography

For those of us who will be reading your autobiography, it will serve as a walk with you through the doorway of your life. Through this autobiography, we hope to better understand you and the way our Lord has been working in your life. Only those directly involved in your discernment process will be reading this autobiography.

This autobiography is not intended to be an exhaustive account of your life where every detail must be recalled. The hope is that as you write it, you will come to a fuller sense of your own journey, the mysterious ways that God has worked in your life, a deepened sense of where you have come from, where you are now, and what God is calling you to next.

In chronological order, describe the significant people and events in your life. This is your own personal history – the events, the experiences, the people who crossed your path, the jobs you have held, the gifts and talents you have been given, your accomplishments and your failures.

Begin by remembering. This remembering is an awareness of the exterior events in your life and your interior reaction to them. Remember those that give meaning to you (both pain and pleasure) or those you still cannot find meaning for, but that you are still searching out.

Again, this autobiography should not be exhaustive; therefore, we ask that it be between two to four typewritten pages.

Please include the following at the beginning of your autobiography:

A picture of yourself (about 3 inches x 2 inches)
Full Name
Birthdate
Mailing Address
Cell Phone Number
E-mail address

God reward you and be assured of our prayers for you!