

Vita – Life-review Writing Exercise

Writing can be a good way to see your life from a new perspective. At some point in our lives many of us have written a resume or vita. Sometimes just putting our accomplishments on paper provides a surprise. How did we ever do so much? In this exercise write a poem titled Vita that sums up your life. If you have never written a poem make this one your first.

Here is the original Vita poem written by Williams Stafford.

Vita

God guided my hand
and it wrote,
"Forget my name."

World, please note -
a life went by, just
a life, no claims,

A stutter in the millions
of stars that pass,
A voice that lulled-

A glance
and a world
and a hand.

Here is my Vita poem.

Vita

Roadless mountain
slope trickles snow
melt around rocks
to pools among bent
yellow grasses.

I was a boy then,
quiet among that
summit of pines
blessed simply in
oceans of sky.

Decades have passed,
these poems come
leaning their way
toward something,
never again as clear
never again so true.