



Making Memories of You

Devin Ashby

ashbydr@familysearch.org

Most people think that family history includes everyone else but them. This is not correct! You are one of the most important people to document! Even if you don't think you have something interesting to share, your family will want to know a few things about you. This sheet will focus on 5 things you can do to be sure those you care about the most have a way to remember you. Remember, you know you best, so don't wait for someone else to write your obituary or death notice.

Task 1 – Gather photos and documents that matter to you

Start with memories! Choose at least 25 photos and documents that represent things you've accomplished or memories you have. An easy way to accomplish this might be to create a simple timeline of your life. Put ten events on your timeline that are important and enrich those events with photos and documents.

Task 2 – Write a few stories

Once your memory has been stimulated, think of a few stories you could write. The easiest way to do this might be by looking at the photos you chose and write about them. If you need help getting started there are several good ideas at the link below. As you write your stories be sure to talk about what you learned and identify "life lessons" that taught you something you didn't know. Some stories may be just a paragraph, others may be several pages. It doesn't matter, just start writing!

#52Stories - <https://www.familysearch.org/blog/en/52stories/>

Task 3 – Record your voice

Many people forget to record themselves speaking but voices are a powerful way to remember someone. You may want to record yourself sharing a story. Or, you may want to make a video of yourself sharing an experience. Most phones have audio functionality built in. Some apps even let you leave audio comments on a photo. Whatever you do, record your voice.

Task 4 – Preserve your information on FamilySearch

FamilySearch is not just a tool to preserve generations of those who have passed on. You can add your memories to the website once you have a free account. FamilySearch supports the following file types: .jpg, .tif, .bmp, .png, .pdf, .mp3, .m4a, and .wav, up to 15MB per file. You can add memories to the website or capture photos, stories, and audio recordings using your phone. The FamilyTree app is free and makes this easy. Once you have added your memories, FamilySearch will preserve them forever.

FamilySearch Tree app - <https://www.familysearch.org/mobile/tree>

Task 5 – Share your memories

Memories have power when we share them. Studies have been done that show that knowledge of family stories can help children better manage stress. Other studies show that those affected by trauma can find healing through family storytelling. Those you love will want to remember you and they will appreciate if you are the one telling the story. So, share what you've created with your family.